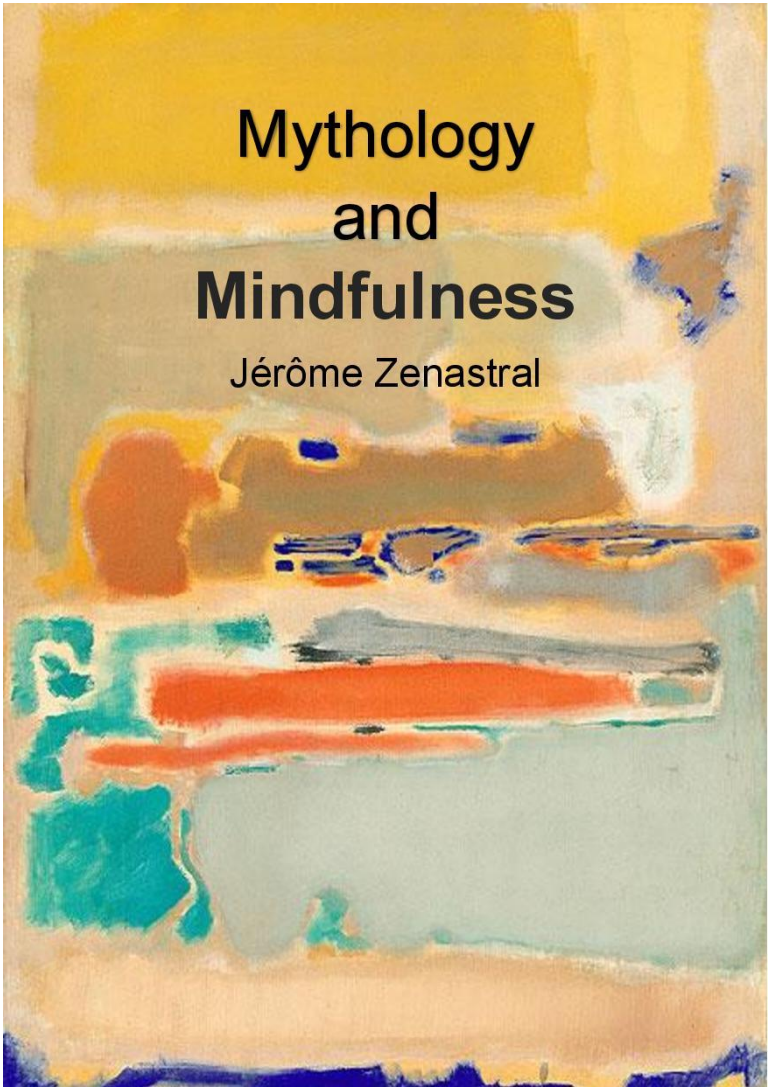
Mythology
and
Mindfulness
Jérôme Zenastral

BY THE SAME AUTHOR

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Teachers of Non-Duality
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My notebook of encounters
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Towards a brotherhood between humans and animals
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Neptune in Astrology

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Nessus in Astrology
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CONTENTS

Preface 7
Introduction 11
The seven founding archetypes (the septenary) 29
The Sun: *Our life force* 31
The Moon: *The reflection of our soul* 32
Mercury: *Our mental strength* 35
Venus: *Our power of seduction, our force of attraction* 37
Mars: *Our power of affirmation and inner warrior* 39
Jupiter: *Our moral strength of expansion and growth, cohesive force or principle of social integration within the group* 40
Saturn: *Our stabilising force (maturity, stability, wisdom, renunciation, etc.)* 43
The three paths to awakening *(Uranus, Neptune, Pluto)* 45
Uranus: *Emancipating ourselves to feel free* 46
Neptune: *Surrendering to feel unified* 49
Pluto: *Letting go to feel liberated* 51
Asteroids: *The powers of inner transformation* 55
Ceres: *The power of discernment and purification* 56
Vesta: *The sanctuary of sacred fire* 58
Juno: *The power of legitimacy* 60
Pallas: *Strategic foresight* 62
Psyche: *The Metamorphic Power of Impermanence* 64
The centaurs: *Forces of disruption and refocusing* 66
Chiron: *The inner breach, shared resilience* 67
Nessus: *The inner breach, shared resilience* 69
Pholus: *The inner breach, shared resilience* 71
Chariklo: *The power of conscious non-action* 73

Typhon: *The strength of the flexibility of reality* 76
The Planetoids: *Guardians of the threshold and memories of the world*.....81
Eris: *The Power of Disruptive Truth* 83
Orcus: *Guardian of the oath* 85
Ixion*: The gift received by life, silent grace* 87
Chaos: *Fertile emptiness* 89
Salacia: *Guardian of the Vertigo of Revelation* 91
Haumea: *The power of creative regeneration* 93
Makemake: *The primordial creator and the quest for meaning* 96
Quaoar: *The dancer of cosmic order* 97
Sedna: *The Fertility of the Depths at the Heart of Impermanence* 98
Varuna*: The regulator of truth and justice* 101
Gonggong: *The craftsman of fertile chaos* 103
Huya: *The wisdom of alternation* 105
Conclusion.....109
Bibliography 115

Preface

This book was born out of listening. Not out of a desire to explain, but out of a renewed sense of wonder at the silent coherence that connects all things. Since the dawn of time, humanity has sought to understand what drives it. The ancients named the forces they felt vibrating in the world gods; moderns have spoken of the unconscious, archetypes, energy or the psyche. But beneath these different words, the same question remains: what acts through us, and why do these inner movements sometimes seem to find such a true echo in world events?

Myths were not invented to explain reality: they are a reflection of the first awareness of unity. They were born when human beings, looking at the sky or the sea, sensed that everything they saw outside corresponded to something they experienced inside. In this resonance lies the heart of the sacred. Before thought separated things, the world was perceived as a single vibrant body, and every phenomenon—rain, fire, birth, death—appeared as an expression of this unity.

Today, it seems that this ability to listen has been lost. The world has become an object of analysis, the psyche a mechanism, the sky an abstraction. Yet beneath the surface, the same mystery continues to operate. The archetypes that the ancients personified under divine names have not disappeared: they still manifest themselves in our dreams, our impulses, our conflicts, our wonders. They are not relics of the past, but living expressions of consciousness as it seeks to recognise itself.

This book does not claim to rehabilitate ancient beliefs or restore the gods to their heavenly abodes. It simply attempts to show that these figures still speak, and that they speak about us. That their stories, far from being outdated legends, shed light on the profound dynamics of human beings, those invisible forces that run through them and sometimes transcend them.

Their truth is not historical, but existential. It cannot be proven, only experienced. That is why each chapter seeks less to describe than to awaken a resonance. The goal is not to believe, but to recognise. For what is manifested in myth—the hero's struggle, the descent into hell, the reconciliation of the feminine and masculine, the birth of light—is also manifested, in its own way, in the inner life of each individual.

The approach proposed here does not belong to any school. It lies at the crossroads of the symbolic and the contemplative, of myth and mindfulness. It is based on a simple conviction: reality is not fragmented. What we call the 'outer world' and the 'inner world' are but two reflections of the same Presence, silently connected by synchronicity.

Reading this book is therefore like entering a space where myth, psychology and spirituality cease to be separate. It is like rediscovering an ancient perspective in a new consciousness. The gods are alive, not as entities, but as forces of meaning. The stories become mirrors, and life itself is revealed as a sacred text in which every event,

every emotion, every encounter is a word vibrating with the same language: that of Consciousness.

May you read these pages not as knowledge, but as a reminder. A reminder that what the ancients called gods, heroes or planets is nothing other than life remembering itself through you. A reminder that everything that exists — thought, breath, world — participates in the same movement: that through which Consciousness recognises itself.

Introduction

Ever since human beings first looked up at the sky, they have sensed that the world is not just a stage for external events, but a mirror of something greater. Even before reason could formulate explanations, a silent intuition dwelled within the first peoples: the breath of the wind, the rumbling of a storm, the germination of a seed or the birth of a child were not perceived as isolated events, but as the visible gestures of an invisible force. Myth was born from this intuition. It is not a poetic invention intended to explain the inexplicable, but the first language through which Consciousness, through human beings, attempted to recognise itself.

Mythological tales are not naive fictions. They express the original perception of a unity between the world and the soul, between nature and the spirit. The gods of Olympus, the Titans, and the heroes were not born of superstition, but of the instinctive need to give form to what acts within us. Zeus is not only the master of thunder: he represents authority, the power that orders chaos. Athena is not just the helmeted goddess who sprang from Zeus's head: she symbolises clear intelligence, strategic thinking, and wisdom born of lucidity. Poseidon does not just reign over the seas: he embodies the deep, shifting, unpredictable forces of the unconscious. Each god translates a universal psychic force into imagery.

These forces, which the Greeks personified, are given different names in modern psychology. Jung refers to them as archetypes: fundamental structures of the human

psyche, present in everyone, regardless of culture or era. The archetype is not a ready-made image, but a living dynamic, a deep current of the soul that seeks forms in which to manifest itself: an emotion, a dream, a symbol, a myth. This is why the same themes recur everywhere: the hero facing the dragon, the descent into hell to be reborn, the nurturing and devouring mother, the wise old man, love, betrayal, metamorphosis. These stories do not come from outside: they emerge from the deep memory of Consciousness. They are mirrors held up to humanity so that it can contemplate itself.

But one question remains: why does what inhabits the psyche sometimes seem to be strangely reflected in world events? Why do certain encounters, certain signs, certain moments seem to resonate with disturbing accuracy with what we are experiencing internally? Jung called this synchronicity: the meaningful coincidence of two facts, one internal, the other external, united not by a cause, but by a meaning.

This is not about believing that the world is sending us messages, nor that events are orchestrated for us. It is about recognising that Consciousness, when it ceases to be fragmented by the ego, manifests itself simultaneously in two aspects: inner experience and outer form. There are not two things responding to each other, but a single reality being reflected. What we call synchronicity is nothing more than Consciousness recognising itself through two different mirrors.

This vision is consistent with what mindfulness reveals to those who observe without filters: the inner and outer worlds are not two separate worlds. Perceptions, thoughts, emotions and events appear in the same field of Presence. When the ego withdraws, reality ceases to be divided. The symbol is no longer an enigma to be decoded, but an obvious fact: what manifests itself outside and what arises inside are two sides of the same movement.

It is in this light that this book is written. It is not a question of explaining myth through reason, nor of proving anything. It is a question of showing how mythological figures, psychic forces and the names of celestial bodies belong to the same language of Consciousness. Not through belief, but through resonance. Not through superstition, but through listening.

When the visible planets were named after the gods, humanity did not yet separate the sky from the soul. Later, when Uranus, Neptune and Pluto were discovered, astronomers, without seeking symbolism, nevertheless chose names whose resonance corresponded exactly to the archetypes that manifested themselves at that time: freedom and revolution for Uranus, mysticism and dissolution for Neptune, the unconscious and transformation for Pluto. This is not causality. It is a simultaneity of meaning.
This book explores this simultaneity. It does not seek to demonstrate that the planets influence our lives, but that myth, the psyche and the sky obey the same source: Consciousness, which manifests itself in multiple forms. It proposes a path of recognition: recognising that the gods

still live, not in the sky, but in our actions, our passions, our fears, our impulses. To recognise that symbolism is not an escape from reality, but a way of seeing it in its depth.

This journey will begin with the seven original gods, those of the Sun, the Moon and the visible planets, then extend to the transpersonal deities, the great goddesses of the psyche, the wounded centaurs, and then the distant and primitive powers of the outer reaches of the solar system. Each time, three perspectives will be linked: the psychic force, the myth that embodies it, and the synchronicity that connects this force to the celestial body that bears its name.

Thus, this book is not a study of the past, much less a work of belief. It is a path to lucidity. An invitation to see that the outer world, the inner world, and the mythical world are but three mirrors of the same Reality: Consciousness discovering itself.

Mythology as the first language of Consciousness

Before humanity drew up laws, wrote doctrines or formulated theories, it dreamed. These collective dreams became stories, passed on around the fire, carried by the voice before being written down. What we call mythology is not the fantasy of ignorant peoples, but the first way in which Consciousness told its own story through human beings. Myth arises where analytical thinking does not yet exist, where the separation between the inner and the outer is not yet fully established.

In ancient societies, seeing lightning, an eclipse, the sea raging or a child being born was not simply a natural observation. It was a sacred event, a sign that the visible and the invisible were touching. The world was not silent: every phenomenon seemed to be animated by a will, a spirit, a face. The Greeks named these forces Zeus, Apollo, Demeter, Dionysus. Other peoples called them by different names, but the intuition remained the same: behind every appearance lies a deeper reality that seeks to express itself.

A myth is not a rational explanation of the world. It does not answer the question "how?", but rather "what does this mean?". Myth does not describe facts, it unfolds meaning. It gives form to inner movements: fear, courage, desire, jealousy, wisdom, fury, the zest for life and the call of nothingness. All mythology is a map of the human psyche, but expressed in the language of gods, monsters and metamorphoses.

If myths use images, it is not to embellish reality, but to inhabit it. The gods are symbols of universal forces that flow through us. Athena is not only a warrior goddess: she is clear thinking, strategic intelligence that knows how to act without unnecessary violence. Ares is not simply a bloodthirsty god: he is raw impulse, unbridled momentum, that inner fire that can protect or destroy. Aphrodite is not just sensual beauty: she is the impulse of attraction, that mysterious force that drives beings to meet, to love or to lose themselves.

These forces are not abstract concepts, but living movements that arise within us. Myth gives them form,

history and a face, not to make them real on the outside, but to help us recognise them on the inside. Mythological language predates modern psychological language, but it already contains it in another form. Saying "Zeus is angry" or "I am overcome with anger" amounts to the same thing if we understand that anger belongs to no one: it appears, manifests itself, and then disappears.

The power of myths lies in the fact that they do not separate the world from the soul. They portray life as a theatre where visible actions and invisible forces are inseparable. The gods are not located in a distant heaven, but in every moment when intensity unfolds: the roar of a storm, the softness of light, temptation, rebellion, forgiveness, the birth of an idea. Myth is the memory of this primordial unity between man and the cosmos. It bears witness to a time when Consciousness had not yet withdrawn behind the walls of the ego.

In this sense, mythology is the first language of Consciousness, because it does not yet speak of the world as an object. It expresses the world as experienced from within. It does not seek to demonstrate, but to make us recognise. It does not ask us to believe, but to listen to what it awakens in us. When a myth touches us, it is not because it is historically true, but because it resonates with something that precedes us.

This book is part of that movement. It is not about reviving ancient beliefs, but about rediscovering that behind their images, myths speak to us. They are the ancient way in which Consciousness told its story, and they are still alive

every time we feel, observe and recognise within ourselves the forces that flow through us. Mythology does not belong to the past: it belongs to the inner space where life takes shape before becoming word or action.

The gods as psychic forces; the archetype as the living form of these forces

If ancient peoples gave names and faces to the gods, it was not to describe a world populated by supernatural beings, but to represent the invisible forces that act within human beings. What mythology tells us through images, psychology recognises as the dynamics of the psyche. This intuition is not theoretical: it comes from the fact that everyone can feel powers within themselves, sometimes gentle, sometimes violent, which do not seem to respond to personal will. The jealousy that suddenly takes hold of a person, the surge of love, an irrepressible anger, a burst of courage or a sudden lucidity do not arise from a decision. They appear as if they had their own nature. The ancients called them gods.

Naming these forces allows us to recognise them without necessarily succumbing to them. To say that Ares has burst in is to see that impulsiveness and violence have taken over within us; to invoke Athena is to call upon clarity of mind, strategic wisdom, and thinking that knows how to intervene without being dominated by passion. Giving a name to what we are going through is not about inventing a mythological character, but about recognising a recurring, collective, universal energy. What each of us calls "me" is often a stage where these forces come to play,

confront each other, unite and contradict each other. The ego claims to control them, but it is often acted upon by them.

Later, Jung would call these great organising forces of the psyche archetypes. The archetype is not a fixed image or an intellectual symbol: it is a living dynamic that seeks to manifest itself in human consciousness. It precedes the forms it takes: an idea, an emotion, a dream, a myth or a behaviour. The archetype is not personal. It exists beyond individual history, in what Jung called the collective unconscious. It acts as a field of resonance from which the whole of humanity draws common forms to express what is experienced at the deepest level.

The gods of Greek mythology are the expression of these archetypes. Zeus is the archetype of authority, of the power that organises, decides and commands. Hera represents fidelity, legitimacy and the preservation of the marital bond, but also possessive jealousy. Aphrodite embodies the archetype of attraction, beauty and the force that connects beings beyond reason. Poseidon expresses the power of the depths, uncontrollable emotions, and the movements of the unconscious. These gods are not characters from the past: they still live on in human attitudes, relationships, silent passions, and in what transcends us internally.

What makes these forces so powerful is that they are often unconscious. The more invisible they remain, the more they act without our knowledge. Mindfulness consists precisely in seeing them at the moment they arise within

us, not to judge or fight them, but to recognise them. Where myth personifies these forces, consciousness observes them. Where the ego says 'I am angry', lucid presence sees: 'anger is manifesting itself'. And this recognition defuses the power it had to overwhelm us completely.

When the archetype becomes conscious, it is no longer destiny. It becomes a creative energy that we can welcome without identifying with it. Recognising the shadow of Ares means preventing violence from blinding us. Honouring Aphrodite means allowing love to flow without turning it into possession. Inviting Hermes means allowing the movement of thought to flow without becoming lies or sterile agitation. The gods ask only to be seen . When they are ignored, they turn into symptoms, conflicts, accidents of life. When they are recognised, they become forces of transformation.

Thus, the gods are not dead. They have simply changed location. They no longer reside at the summit of Olympus, but in the depths of the human soul. And archetype is the name given to this invisible and living presence, which is at once psychic, symbolic and universal. Myths have given a face to these forces; today, consciousness can offer them a silent space where they can reveal themselves. This book is an attempt to listen to them again, not as ancient beliefs, but as inner realities that carry within them a knowledge of life.

The naming of the planets as an example of collective synchronicity

When early civilisations observed the sky, they did not yet understand the physical nature of the stars. They only perceived that certain lights moved slowly among the fixed stars. These wandering stars were named planets. But their names were never chosen at random. The Greeks, then the Romans, spontaneously associated them with gods whose qualities seemed to correspond to their brightness, their rhythm or the emotion they inspired: Helios became the Sun, Selene the Moon, Hermes the fast and changing planet, Aphrodite the morning and evening star, Ares the reddish one, Zeus the royal one, Cronos the slow and melancholic one. At that time, no one yet opposed the sky and the human soul. Naming a planet was a recognition that it reflected an already known inner power.

Much later, science began to describe the solar system according to physical laws. However, when new planets were discovered through telescopes, astronomers, without any symbolic intention, continued to give them names from mythology. And each time, the name chosen resonated strangely with the spirit of the era in which the planet was revealed. This is not a logical coincidence or a mysterious influence of the stars. It is an example of synchronicity: a correspondence of meaning between what arises in the outside world and what matures in the collective psyche.

Thus, when Uranus was observed at the end of the 18th century, humanity was entering an era of revolutions: the overthrow of monarchies, declarations of rights, the desire for freedom and a break with the established order. In mythology, Uranus is the god of the primordial sky, the one who begets and is overthrown by his own children. His name corresponded to a moment of upheaval, liberation and rebellion. It was not because the planet influenced history, but because the name chosen unconsciously expressed the spirit of the time.

When Neptune was identified in the 19th century, the Western world was exploring the mysteries of the unconscious, fascinated by spiritualism, dreams, romanticism and poets of the soul. In mythology, Neptune (Poseidon) reigns over the oceans, the shifting depths and the unfathomable un . The name given to this planet seems to reflect the emergence of a sensitivity turned towards inner worlds, mists, the undefined, the call to transcend rigid forms. Here again, there was no symbolic calculation: simply a resonance between the state of humanity and the presence of a new star.

A few decades later, Pluto was discovered. It was the era of world wars, the dawn of psychoanalysis, confrontation with death and destruction, but also the possibility of rebirth in a different form. Pluto, god of the underworld, reigns over what is hidden, over underground riches, over death and transformation. The name came almost spontaneously. It corresponded directly to what humanity was going through: the exploration of its shadows, destructive power and the need for change.

This phenomenon is not an esoteric belief, nor is it a causal effect between the planet and human history. It reveals synchronicity: the same archetype manifests itself simultaneously in the sky, in the psyche and in human actions, not because one produces the other, but because they are two expressions of the same source of meaning. The naming of the planets shows that humanity, even when it believes it is moving away from myth, continues to be permeated by it. Without realising it, it still speaks the language of the gods.

Naming a planet is not about establishing its identity, but rather recognising its symbolic presence. This gesture bears witness to a secret and profound connection between the outer universe and the inner world . It reminds us that the sky is not only what science describes, nor is the psyche only what psychology analyses. Both are reflections of a single Consciousness, which we perceive sometimes within and sometimes without. This is what synchronicity reveals: reality is not divided. This book starts from this silent obviousness.

Myth, humanity's first psychology

Before humanity discovered writing, philosophy or science, it experienced life. It felt fear in the face of storms, vertigo in the face of death, the joy of birth, the fascination of fire and stars. These experiences were not thought out: they were lived. And in order not to get lost in this flow of emotions, fears and wonders, human beings began to tell stories. Thus was born the myth.

Myth is not a primitive attempt to explain the world. It is a way of inhabiting mystery. It does not offer scientific answers, but inner guidance. When the Greeks tell the story of Prometheus stealing fire from the gods, they are not seeking to explain the physical origin of flame. They say that knowledge is a daring act, that it liberates man but exposes him to suffering. When Demeter mourns her daughter Persephone, who has been abducted by Hades, it is not an agricultural legend: it is a vivid image of grief, loss, and descent into darkness before the return to light.
The gods, goddesses and heroes do not represent characters outside of man. They embody psychic forces that everyone can experience. Zeus is the instinct of sovereignty, the power to assert order. Hera is wounded loyalty, attachment to what must last. Dionysus is ecstasy, the dissolution of boundaries, the madness of overflowing emotions. Artemis is fierce independence, the refusal to be possessed. These stories are not moral illustrations: they are mirrors. They show what happens within us when one of these forces takes over, dominates, opposes the others or seeks to reconcile with them.

Long before psychology emerged as a discipline, myths were already observing the workings of the human soul. They described with images what we now call desire, anger, rivalry, conscience, sacrifice, death drive or need for unity. Mythology is the first attempt to map this inner territory. It does so not with concepts, but with stories. And that is precisely what makes it so accurate: it speaks the language of life, not that of abstraction.

Modern psychology has sometimes sought to oppose reason and myth, consciousness and imagination. But when it opens itself to the depths of the soul, it recognises that these ancient stories contain a truth more subtle than rational theories. Jung called them archetypal because they express universal structures of the psyche. They are not the individual work of an author, but the fruit of a collective listening to the depths of being.

To look at myths as a form of early psychology is to understand that they did not speak of the past, but of the eternal present of the human soul. They describe who we are, what drives us, what tears us apart, what transcends us. They do not say 'once upon a time', but 'it is within you'.

Thus, myth is not an outdated belief. It is a living mirror. And as long as human beings feel, love, struggle, hope and falter, they need these stories that show them the truth of their own nature. Myth is the dawn of self-awareness. A psychology without words, but with all the power of experience.

Archetypes and the psyche: from Jung to mindfulness

When Jung talks about archetypes, he is not referring to fixed ideas or symbols invented by the human mind. He is referring to living structures, deep currents of the psyche that exist even before we are aware of them. Archetypes are like psychic matrices: they shape our dreams, emotions, behaviours, myths and beliefs. They are not

personal, but belong to humanity as a whole. Jung calls them the collective unconscious.

An archetype has no fixed image. It manifests itself in many forms: a god, a dream scene, a powerful emotion, a work of art or a sudden intuition. It belongs to no one, but it can take hold of someone. This is why certain reactions seem disproportionate, as if something or some s acting through us. Mythology calls this a god. Psychology refers to it as an archaic energy. In both cases, it is an inner force seeking to manifest itself.

Greek myths gave these forces a face, a history, relationships. They perceived that these powers are neither good nor evil: it all depends on how humans welcome them or identify with them. Ares can defend life or sow destruction. Aphrodite can engender beauty or jealousy. Hermes can convey a message or deceive. Thus, myths agree with Jung: the archetype becomes dangerous when it is not recognised, when it merges with the ego.

Mindfulness offers another way of relating to these forces. Instead of analysing or repressing them, it invites us to observe them without judgement. Anger arises: I see it. Fear arises: I welcome it. The imagination ignites: I let it pass. In this simple attention, something changes. The emotion does not disappear, but it ceases to possess us. We are no longer the archetype, we become the witness. This witness is not part of the ego: it is Consciousness itself.

Where Jung describes archetypes as contents of the collective psyche, mindfulness allows us to experience

what embraces them all: the silent presence that sees each inner movement arise, unfold and then fade away. The gods, symbols of these forces, continue to exist within us, but they no longer become our masters. They revert to what they have always been: expressions of life, energies to be experienced, not identities to be assumed.

Thus, archetypal psychology and mindfulness are not opposed. One allows us to name and understand the powers that inhabit the psyche; the other allows us to see them without becoming confused with them. One offers maps, the other offers light. Together, they show that mythology is not an ancient belief, but a subtle description of what we still experience today. And that at the heart of this inner theatre, there is a motionless point, formless and nameless, from which each archetype can be seen without becoming a prison: Consciousness.

Synchronicity: the simultaneity of meaning, without causality

Synchronicity refers to those moments when an external event and an internal experience appear to be linked, not by cause, but by common meaning. These are not two separate facts responding to each other, but a single movement of life manifesting itself in two forms: one psychic, the other phenomenal. A thought arises, and at the same moment the world seems to echo it. The mind seeks an answer, and the answer appears in an encounter, a dream, an unexpected word. Nothing explains it objectively, but everything seems right.

Carl Gustav Jung was the first to give a name to this phenomenon. Together with physicist Wolfgang Pauli, he suggested that psyche and matter are not two separate realities, but two expressions of the same invisible foundation. Synchronicity would then be the moment when this unity becomes perceptible, when the ego recedes enough for Consciousness to show that it has never been divided. It is not a message coming from outside, it is a recognition from within.

From this perspective, the world is not a machine separate from the observer. It becomes a mirror, a reflection of the inner state. The more the ego contracts, the more events seem absurd or chaotic. The more presence opens up, the more life seems to respond, as if reality were breathing at the same pace as us. Synchronicity is not a privilege or a miracle: it is the natural texture of the world when presence replaces control.

Mindfulness does not seek to provoke these signs or interpret them as commands. It simply invites us to welcome them as they are: moments when meaning is revealed effortlessly, as if it were obvious. This is not proof of a predetermined destiny, but rather the intimate feeling that life is not separate from what perceives it. What we call meaningful chance could then be understood as Consciousness recognising itself in the same gesture, inside and outside.

Understood in this way, synchronicity adds nothing to reality. It simply removes the idea that the universe is mute and that we are alone in facing it. It shows that the symbol,

the event, the emotion and the gaze that perceives them——are not four distinct things, but a single movement. Myth already expressed this: the gods speak through signs, not to rule the world, but to remind us that everything is connected. Synchronicity is this discreet memory of unity, perceived a moment before the mind seeks to explain it.

The seven founding archetypes (the septenary)

Since ancient times, human beings have perceived within themselves the presence of several forces that flow through them, animate them, elevate them or hold them back. Seven of these form a complete whole, an inner cycle found in many spiritual, philosophical and initiatory traditions. This septenary symbolises the fundamental structure of the human psyche — seven currents of energy, seven principles of expression, seven pathways through which consciousness discovers and manifests itself.

These archetypes are not separate entities, but aspects of the same flow of life. Each represents an essential function of consciousness: living, feeling, thinking, loving, acting, growing and maturing. Together, they form a dynamic unity, comparable to the notes of a scale or the colours of a spectrum: each has its own vibration, but it is their harmony that creates harmony.

The septenary shows that inner balance does not arise from the domination of one force over the others, but from their conscious cooperation. When one is expressed in excess or deficiency, the symphony becomes discordant, and discomfort arises. The task of consciousness is not to suppress dissonances, but to understand their meaning and transform them into harmony.

Each of these seven principles embodies a stage in the development of consciousness:

– the light that illuminates the centre of the self,
– receptivity that welcomes and feels,
– thought that connects and names,
– love that attracts and unifies,
– the will that acts and affirms,
– wisdom that gives meaning and coherence,
– maturity that structures and integrates.

Thus, the septenary is not a theory, but an experience. It speaks of the living movement of consciousness which, through its contradictions and rhythms, learns to know and unify itself. When these seven forces are in harmony, the being regains a sense of natural rightness: it no longer seeks to become something else, but to live in accordance with what it already is.

These founding archetypes represent the pillars of all conscious existence. They remind us that life is not a struggle between opposing forces, but a dance of complementary energies. And that fulfilment lies not in the perfection of a single note, but in the harmony of the whole.

The Sun: *Our life force*

In mythology, the Sun is the figure of radiance, consciousness and creation. He is Apollo to the Greeks, god of light, beauty, knowledge and harmony. He illuminates without burning, commands without dominating, revealing the hidden meaning of things and guiding humans towards inner clarity. In other traditions, he is Ra, the divine eye that crosses the sky every day before being reborn at the next dawn. Everywhere, he embodies the creative principle, which illuminates the world and ensures the cohesion of the universe. Through these mythological figures, the Sun expresses the immutable centre around which everything is organised: the source of life, light and consciousness.

Astronomically, the Sun completes its annual revolution in just over 365 days, advancing one degree per day and crossing each sign of the zodiac in one month. This constant rhythm makes it the fundamental reference point for the zodiacal cycle and the terrestrial calendar. It is the heart of the solar system, whose light makes the other planets visible, connecting them all to a common centre. This centrality symbolises the very structure of the human psyche: our thoughts, emotions, impulses and decisions are organised around the inner Sun.

In terms of mindfulness, the Sun represents our conscious pole, the awakened presence that illuminates our thoughts and actions. It is not an external light, but an inner focus: the vital force that animates the being, the consciousness that chooses, decides and acts in accordance with its

essential axis. To be centred on one's Sun is to live from this core of silent clarity where will, lucidity and coherence meet. It is to recognise that true radiance does not come from what we show, but from the quality of presence we embody.

In its collective dimension, the Sun connects everyone to the same source of energy and consciousness. It reminds us that all individuality radiates from a shared light, and that our personal fulfilment only makes sense in the context of our contribution to the whole. Humanity, like a vast constellation of suns, is evolving in a process of collective awakening where each being, by finding their own light, participates in the common illumination. The Sun is thus the figure of unity at the heart of multiplicity, the living symbol of the link between individual consciousness and universal consciousness.

The Moon: *The reflection of our soul*

In most traditions, the Moon is the guardian of the mysteries of the feminine, of rhythm and memory. Goddess of the tides, cycles and fertility, she embodies the living matrix where the invisible bonds of life are woven. Artemis to the Greeks, Selene or Isis in other cultures, she is the one who lights up the night and reflects the light of the Sun, reminding us that all consciousness is a mirror. She symbolises receptive strength, surrender to the changing nature of existence, acceptance of what comes and trust in the regeneration of cycles. Like the cosmic Mother, she silently watches over the growth, emotions and rebirths of the soul.

The Moon, Earth's only natural satellite, directly influences the tides, plant growth, and the behaviour of many living beings. Its cycle of approximately twenty-nine days, moving from shadow to light, illustrates the perpetual transformation of life and the necessity of alternating between full expression and withdrawal. This lunar rhythm, visible to the naked eye, establishes a link between human consciousness and cosmic cycles: it reminds us that everything is born, grows, declines and is reborn. Through its refl —it shines only with sunlight— the Moon represents the mirror of our inner world, revealing the echoes between the light of consciousness (the Sun) and the unconscious depths of our psyche.

The Moon symbolises our ability to surrender to the flow of life. It responds to our need for security, intimacy, comfort, well-being and tranquillity. It reveals how we feel, interpret and react to the world. Representing the passive force of our soul, it memorises what we have seen, heard and touched. This memory plays an essential role in integrating our experiences, emotions and memories, thus creating continuity in our perception of the world. Like an invisible thread, it connects the different moments of our existence. As a passive force, it promotes constant openness to learning through feeling. Through its memorial nature, it helps us adapt and forge a deep connection with the world and with ourselves, while bearing witness to the cyclical nature of life.

While our masculine force and our vital force enable us to move towards a specific goal, our force of surrender opens

us up to what is. These two forces, one of affirmation (masculinity, virility, power) and the other of surrender (femininity, receptivity, sensitivity), coexist in the psyche of both women and men.

The Moon sheds light on the beneficial habits we should cultivate to strengthen our confidence in the flow of life. It reflects our spontaneous reactions to events, often unconscious, which influence our moods and emotions. It also provides valuable insights into our daily lifestyle. There are experiences that awaken our sensitivity and those through which we seek security, and where it is essential to develop our imagination and become aware of the habitual patterns that guide our reactions.

On a collective level, the Moon represents humanity's emotional memory. It connects beings to each other through a sensitive, invisible field where shared emotions, archaic fears and impulses of belonging circulate. It symbolises the psychic matrix of the world, where the habits, traditions and collective emotions that shape cultures are transmitted.

In times of change, it reminds us of the need to preserve tenderness, solidarity and attentiveness to life. When lunar consciousness awakens, humanity reconciles with its vulnerability and rediscovers gentleness as a force for unity. The Moon teaches us that true security does not lie in possession or control, but in the ability to inhabit the flow of life with confidence, to feel fully and to surrender to the continuity of life.

Mercury: *Our mental strength*

In Greek mythology, Hermes (Mercury to the Romans) is the messenger of the gods, the one who connects heaven and earth, the visible and invisible worlds. He crosses the boundaries between realms, travelling freely from Olympus to the world of mortals, and even to the depths of the unconscious symbolised by the Underworld. God of language, commerce, exchange and movement, Hermes embodies quick wit, ingenuity and the ability to connect what seems separate. His role is not only to convey messages: he is the mediator, the interpreter, the one who gives meaning. In the human psyche, this function translates into thought, speech, logic and curiosity, which drive us to understand, learn and communicate.

Mercury is the closest planet to the Sun and the fastest in the solar system, completing its revolution in just 88 days. Its proximity to the luminous centre gives it a special symbolism: it is the servant of solar fire, the messenger of central consciousness. Its speed and mobility make it a planet associated with the mind, movement and adaptability. As it never strays far from the Sun (never more than 28°), it illustrates our mind, which is always turned towards the light of consciousness, but capable of capturing its reflections from a thousand different angles. Its phases — direct, retrograde, or stationary — symbolically reflect the rhythms of our mind: sometimes fast and scattered, sometimes introspective and focused on inner analysis.

From the perspective of mindfulness, Mercury refers not only to the rational intellect, but also to the mediating function of consciousness. It is that through which the mind observes itself, translates inner perceptions into words, and connects thought to reality. It symbolises the transparency of communication between the Self and the ego: when consciousness is clear and present, Mercury expresses right speech, lucid thought, and awakened curiosity. But when the ego appropriates this function, Mercury becomes mental chatter, confusion, distraction or manipulation of meaning. It thus represents the shifting boundary between conscious speech and conditioned thought, between language that connects and language that divides. Mercury therefore invites us to practise inner vigilance: to listen before responding, to observe before interpreting, and to allow thought to become fluid again, in service to the truth of the present moment.

On a collective level, Mercury is the weaver of the invisible network that connects consciousnesses. It embodies human intelligence as a whole, the circulation of ideas, knowledge and innovations. Its expression manifests itself through communication technologies, science and the media, but also through shared speech, which forms the basis of social relationships. The more interconnected our world becomes, the more central Mercury's energy becomes: it invites us to communicate consciously, to transform information into understanding, and to make language a tool for unity rather than an instrument of separation. From this perspective, Mercury is much more than a messenger: it is the living breath of consciousness in motion, connecting the inner and the

outer, the individual and the collective, thought and presence.

Venus: *Our power of seduction, our force of attraction*

In Greek mythology, Aphrodite—whom the Romans named Venus—was born from the sea foam, begotten by the fertile waters that welcomed the mutilated body of Ouranos. This symbolic image evokes the birth of beauty from chaos, of love arising from separation. Venus represents the principle of union, the force of attraction that brings together what was separated. She embodies the power of seduction, pleasure, fertility, but also the search for harmony between beings. Her essence connects the world of the senses to that of the soul: she reminds us that love is not only an emotion, but a movement of universal reconciliation.

Astronomically, Venus is the closest planet to Earth and the brightest star after the Sun and Moon. It is visible at dawn and dusk, hence its two ancient names: *Morning Star* (Lucifer) and *Evening Star* (Vesper). Its synodic cycle, lasting approximately 584 days, follows a harmonious geometry, drawing a perfect pentagram in the sky as it revolves — a symbol of beauty, balance and natural order. This regularity illustrates the very essence of Venus: harmony, proportion and the search for harmony within movement.

In terms of mindfulness, Venus does not refer to an external force that influences our relationships, but rather

a field of consciousness within us: that of love, connection, and natural attraction between beings. It expresses the subtle resonance that occurs when two fields of energy vibrate in unison. Venus is the mirror of our ability to embrace beauty, to connect without fear, and to see the world through the lens of harmony rather than lack. When this energy flows freely, love becomes a spontaneous and fluid exchange. But when the ego gets involved—through desire for possession, fear of loss, or need for validation—the vibration of Venus becomes distorted, and love turns into dependence, jealousy, or escape. Rediscovering Venusian consciousness means returning to the simplicity of connection, where loving and being loved are one and the same natural impulse of life.

On a collective level, Venus reflects the way a civilisation conceives of beauty, relationships, cooperation and the values of living together. In societies where the cult of appearance or romantic competition dominates, the energy of Venus is often perverted: it becomes a desire to please rather than the joy of sharing. As human consciousness evolves, Venus invites us to redefine our relationships on a more inclusive and respectful basis, where beauty is found in diversity and harmony in difference. She reminds us that true relationships are not based on fusion or possession, but on recognising the other as a reflection of our own light.

Thus, Venus is the messenger of connection: she teaches us that love, in all its forms, is not a conquest to be obtained, but a vibration to be rediscovered.

Mars: *Our power of affirmation and the inner warrior*

In mythology, Mars is the god of war, vigour and courage. But behind the image of the warrior lies a deeper symbolism: that of the vital energy that drives us to face life, defend what we love and measure ourselves against the world. For the Romans, Mars was not only a god of destruction; he was also the guarantor of vitality, spring and the fertility of the land. He embodied the transition to action, the creative impulse that transforms intention into reality.

Astronomically, Mars is the fourth planet in the solar system, just after Earth. Its reddish colour, due to iron oxide, has always evoked blood, heat, passion and the struggle for life. Its rapid rotation and thin atmosphere symbolically reflect its fiery, direct and sharp character: Mars acts without hesitation, initiating movement, cutting, slicing and separating so that something new can come into being.

In terms of mindfulness, Mars symbolises masculine strength in the universal sense: the energy of action, conquest and defence present in each of us, male or female. It shows us how we can channel our power of affirmation without letting it become aggression or domination. Mars teaches us that true warrior strength does not consist in defeating others, but in confronting our own resistance, our fears and our desire for control. When action is conscious and inwardly aligned, it becomes an offering: every righteous act strengthens our inner coherence and reveals the vitality of our being. Mars

invites us to develop the virtues of courage, firmness and perseverance, but also the ability to recognise when it is time to act and when it is right to stop.

On a collective level, Mars represents the dynamic dimension of humanity: the drive to conquer, the quest for autonomy, the spirit of enterprise and initiative. It is the force that builds civilisations, takes up challenges and defends freedom. But when unconscious, this energy can turn into violence, destructive competition or domination. In a changing world, Mars invites us to rehabilitate the principle of just action—action that does not seek to impose, but to serve. By cultivating this force within ourselves, we participate in transforming humanity's relationship to power: from a logic of combat to a dynamic of creation and cooperation.

Jupiter: *Our moral force of expansion and growth, the force of cohesion or principle of social integration within the group.*

In Roman mythology, Jupiter — the equivalent of Zeus in Greek mythology — is the king of the gods, master of the sky and guarantor of cosmic order. He embodies law, justice, wisdom and vision. His role is not only to impose power, but to maintain cohesion between the forces of the world. Jupiter ensures that everything finds its rightful place in the whole, and his authority is based on knowledge and clarity rather than domination. He represents trust in a higher order, faith in a balance that transcends individual will. Through him, the heavens speak: not to coerce, but to connect. He is the one who

connects the divine to the human, the visible to the invisible, through the mediation of enlightened consciousness.

Astronomically, Jupiter is the largest planet in the solar system, a gas giant with a mass greater than that of all the other planets combined. Its immense gravitational field stabilises the system, attracting and deflecting stray bodies, protecting the Earth from numerous impacts. It is surrounded by a multitude of moons and a colossal magnetic field: a centre of cohesion and balance. Jupiter is the principle of organisation, protection and unification on a large scale. Wherever it is found, it tends to create order, to unite, to give meaning. Its colossal size evokes the need to broaden our horizons, to think bigger, to transcend the narrow limits of the self in order to connect with a larger whole.

On an inner level, Jupiter represents a drive towards expansion — but this expansion is not material in the crude sense; it is moral, intellectual, existential. What seeks growth within us is the part of our consciousness that aspires to a more coherent, more encompassing order, to a broader understanding of the world. It is not an egotistical desire to be 'more', but a natural tendency of consciousness to open up, to connect, to integrate. It is the movement by which the individual leaves behind a strictly personal vision to become part of the whole, to connect with something greater: a group, a culture, a worldview, a meaning. Where Mercury sorts, Jupiter connects. Where Mars acts, Jupiter guides. It is the impulse of meaning that connects the fragments, ordering them into a unified

vision. The growth it inspires is not accumulation, but revelation of what connects all that is. Saturn, opposite, limits and structures: it reminds Jupiter that vision must be embodied. But without Jupiter, there would be no horizon, no meaning, no inner direction.

On a collective level, Jupiter expresses the values, beliefs, morals and cohesion of a world. It inspires laws, institutions, philosophies, everything that allows a society to function according to shared principles. It is the civilising force that brings individuals together around a common ideal. Through it, the question of collective meaning is played out: how to live together, how to give coherence to our actions, how to orient our societies towards a goal greater than individual interest. In its most evolved expressions, Jupiter embodies wisdom that unifies without standardising, confidence that elevates without dominating, knowledge that enlightens without excluding.

Thus, Jupiter is that part of us that seeks to connect, to order, to give meaning. It is the force of cohesion that transforms dispersion into unity, experience into understanding, lived experience into wisdom. It is through Jupiter that human consciousness rises above the immediate to embrace a broader, more inclusive, more vibrant perspective.

Saturn: *Our stabilising force (maturity, stability, wisdom, renunciation, etc.)*

In mythology, Saturn corresponds to the god Cronos, the master of Time, the one who puts an end to the innocence of chaos to establish order and measure. His gesture of separating heaven from earth symbolises the transition from the undifferentiated to form, from instinct to consciousness, from the infinite to the structured world. With his sickle, he introduces limits, discernment, and the natural law that governs all things and reminds us that everything that is born is destined to change. But behind the austerity of the myth, Saturn is not a destroyer: he is the one who gives structure to life, who allows time to unfold and experience to bear fruit.

Astronomically, Saturn is the last planet visible to the naked eye, the boundary between the world of personal planets and that of collective spheres. Its vast ring system symbolises this function of limitation and protection, a circle of coherence that restrains dispersion and defines form. Its slow movement reflects the rhythm of maturation, the time necessary for inner construction, patience and the consolidation of fundamental values. In the sky, Saturn turns slowly, reminding us that nothing solid can be built in haste and that all lasting evolution is rooted in continuity.

In terms of mindfulness, Saturn represents the strength of maturity and stability. It acts as a principle of refocusing that helps us to properly assess each in trial and learn from it. This strength manifests itself in silence, where thoughts

gather, where we stop reacting and simply observe. It teaches us to recognise our limitations without judging them, to distinguish the essential from the incidental, to understand what really suits our nature. By confronting us with trials, Saturn does not punish: it awakens. It leads us to a liberating lucidity, because by accepting reality as it is, we stop fighting against it. In Saturn's silence, consciousness deepens, becoming responsible, sober, essential.

On a collective level, Saturn embodies cohesion, law, structure and shared responsibility. It is the guarantor of social and moral foundations, of what allows a community to endure. When its principles are understood in their deepest sense, they bring stability and justice; when they are lived in fear or rigidity, they turn into control and oppression. Saturn reminds societies, as well as individuals, that freedom only exists in the awareness of limits, that evolution cannot be achieved without anchoring, and that all growth requires rooting in reality.

Thus, Saturn is the guardian of inner time, the one who teaches us to live in the maturity of the present. It invites us to be silent, not through withdrawal, but to listen to the truth of what is. By cultivating this sober and patient presence, we discover that wisdom does not consist in fleeing constraints, but in inhabiting them fully, until they are transformed into freedom.

The three paths to awakening *(Uranus, Neptune, Pluto)*

Beyond the visible world lies a silent sky, populated by forces that the ancients sensed but could not name. These invisible powers do not manifest themselves in the light of day: they operate in the depths of the psyche, where human consciousness connects with that which transcends it. They are called the three gods of the invisible sky, for they symbolise the great dynamics of transformation, those that do not impose themselves on the will but transcend it, overturning certainties and opening the doors to mystery.

Each of these forces expresses a particular mode of transcendence:

– Uranus embodies liberation, the drive for emancipation and the breaking of old frameworks. It acts as a burst of awakening, a breath that shakes up the established order to allow the mind to regain its original freedom.

– Neptune represents dissolution, communion and a return to unity. It dissolves the boundaries of the ego, opening us up to compassion, intuition and a sense of the divine that connects all things.

– Finally, Pluto embodies the force of radical change: it reveals hidden areas, tears off masks, transforms fear into life force and apparent death into inner renewal.

These three powers operate in the shadows, not to destroy, but to reveal. They do not merely modify behaviour: they

transform the very structure of consciousness. Uranus liberates, Neptune unifies, Pluto regenerates. Together, they form an initiatory triptych: rupture, fusion, rebirth.

Their action is often destabilising because it escapes the control of the mind. They confront us with extreme experiences — loss, enlightenment, abandonment, revelation — which are not ends in themselves but passages, rites of expansion of consciousness. These invisible forces remind us that humans are not closed in on themselves: they are traversed by immense currents, tides that connect their destiny to that of the whole.

The three gods of the invisible sky represent the guardians of the thresholds: they watch over the moments when human beings transcend their ordinary identity to open themselves to a vaster dimension. Through them, consciousness discovers that it is not only individual, but cosmic, connected to an order greater than itself.

Thus, their work is not to destroy what we are, but to remind us of what we have always been — a conscious fragment of immensity, a spark of the invisible sky.

Uranus: *Emancipating oneself to feel free*

In Greek mythology, Ouranos (Uranus) is the primordial Sky, the first to envelop the Earth (Gaia). He symbolises the sphere of pure, unlimited consciousness, the infinite space in which everything takes shape. However, Ouranos feared his own children, the Titans, and imprisoned them in their mother's womb, refusing to allow life to fully

manifest itself. Saturn (Cronos), one of them, eventually overthrew him by mutilating him, thus releasing the creative forces contained in the depths. This myth illustrates the break between Heaven and Earth: the necessary emancipation of consciousness from that which imprisons it. Uranus embodies this impulse for liberation, the ability to break with the old so that the new can emerge, to sever the ties that keep consciousness captive to fear, repetition or conformism.

Discovered in 1781 by William Herschel, Uranus was the first planet invisible to the naked eye, marking a break with the traditional view of the cosmos. It was discovered at a time of industrial and social revolutions, the Enlightenment, political and scientific upheavals — all signs of a changing era. Astronomically, Uranus is distinguished by its 98° tilt, rotating almost on its side: a singularity that reflects its unconventional, unpredictable nature and its propensity to reverse established perspectives. This planet takes approximately 84 years to complete its revolution around the Sun, passing through the twelve signs of the zodiac and acting as a symbol of generational cycles and collective change. Its slow- tion connects every human being to broader currents of transformation that transcend the individual.

On an inner level, Uranus symbolises the force of emancipation, that dynamic of consciousness that drives beings to free themselves from conditioning, to question limiting beliefs and to dare to embrace the new. This force encourages any break with traditional constraints — social, intellectual or emotional — when these become

inner prisons. Traditions, although essential to human cohesion, can sometimes freeze the mind and prevent evolution. Uranus is not blind rebellion: it is the revelation of a space of consciousness where we see differently, where we act from a clear vision, not from an inherited reflex. From a mindful perspective, Uranus reflects the transition from unconscious conformity to creative lucidity. Its function is not to destroy, but to awaken: it opens the eyes of the mind and awakens the ability to see things as they are, without illusion, without fear. To be Uranian is to recognise that true freedom is not external, but internal — freedom to think, to feel, to be oneself, independently of collective conditioning. This inner liberation arises from an expanded awareness of oneself and the world.

Uranus acts both individually and collectively. In societies, it represents the spirit of reform, modernity, technology, science, democracy and the quest for equality. It awakens collective consciousness to new models of organisation, to new forms of solidarity and progress. But its action is paradoxical: every movement of emancipation it inspires can generate resistance, crises, or excessive disruption. On a collective level, Uranus calls for the invention of structures capable of combining freedom and responsibility, progress and consciousness. Its energy does not merely denounce the established order: it reveals the need to build a new order, more in line with human dignity and creativity.

Thus, Uranus embodies in our psyche the tension between the old and the new, between the fear of losing what is

reassuring and the urgent need to open up to the unknown. Its spiritual function is to teach us to live this freedom without it becoming an escape, to make change a path to awakening, and difference a source of richness. Through it, we discover that consciousness expands as we dare to be ourselves, and that true liberation is a birth into a greater form of self.

Neptune: *Surrendering to feel unified*

In mythology, Neptune is the Roman god of the seas, equivalent to Poseidon in Greek mythology. Brother of Jupiter and Pluto, he reigns over the oceans, symbols of infinity, mystery and the dissolution of forms. His kingdom is shifting, elusive, without clear boundaries, like the waters that encompass and connect all things. Neptune thus embodies the power of flow, the call for unity and the dissolution of rigid structures. He represents the part of the soul that aspires to merge with the whole, to free itself from the limiting self- nd connect with the universal dimension of life. Like the oceans it governs, Neptune can be calm and welcoming or formidable and overwhelming, depending on how one surrenders to it.

Astronomically, Neptune is the eighth planet in the solar system and the furthest from the Sun. Discovered in 1846, it cannot be seen directly with the naked eye: its existence was deduced by calculation, which reinforces its symbolism of invisibility and intuition. Its blue colour, due to the presence of methane, evokes water, dreams and depth. Its slow movement – taking nearly 165 years to complete a full revolution – makes Neptune a generational

planet: it acts on a collective level before permeating individual sensibilities through the signs and houses. It marks the great spiritual, artistic or ideological waves that sweep through humanity.

In terms of mindfulness, Neptune is our force of immersion, self-sacrifice and forgiveness, the force capable of unifying all things, opening us up to the spiritual world, surrendering us to grace, revealing the mystery of existence and allowing us to meditate on the subtleties of this world. Neptune represents our desire to soften our personal limitations, dissolve illusions, detach ourselves from material desires and personal ambitions in order to develop greater empathy towards others and foster our spiritual growth. It acts as a dissolver of mental and emotional rigidity, inviting us to open ourselves to compassion, faith and the beauty of that which transcends us. Where Neptune acts, it pushes us to transcend our negative behaviours, recognise our illusions and restore a clear perception, aligned with love rather than fear.

On a collective level, Neptune symbolises the invisible current that connects beings and eras. It inspires great waves of spiritual ideals, humanitarian, artistic or mystical movements. Its influence is expressed through collective sensitivity to the suffering of the world, the need for unity, the search for the absolute. But it can also lead to excesses: mass delusions, fanaticism, disenchantment, or escapism. It reflects the dual nature of humanity: capable of rising to universal compassion or straying into illusion and confusion. In this way, Neptune teaches us the path of spiritual discernment: recognising the sacred without

losing ourselves in mirages, loving without attachment, serving without sacrifice. Through its radiance, it reminds us that true transcendence does not consist in fleeing the world, but in embracing it with a purified gaze and an open consciousness.

Pluto: *Letting go to feel liberated*

In mythology, Pluto — known as Hades to the Greeks — is the god of the Underworld, ruler of the realm of the dead and guardian of the treasures hidden beneath the earth. Far from being merely a figure of darkness, he embodies depth, inner richness and the transformation that comes from passing through the invisible. His realm is not a place of punishment, but a space of regeneration, where souls shed their old forms to prepare for rebirth. Pluto thus symbolises the mystery of the cycle of life, death and rebirth: he watches over what must die so that the living can be renewed. His power is not destructive for the sake of destruction, but alchemical, oriented towards transmutation. In the myth of Persephone, his union with Demeter's daughter reminds us that every descent into darkness prepares us for a return to the light.

Astronomically, Pluto is a dwarf planet discovered in 1930 by Clyde Tombaugh. Located at the edge of the solar system, in the Kuiper belt, it is distinguished by an eccentric and inclined orbit, sometimes closer to the Sun than Neptune. Its small size and icy nature do not detract from its symbolic intensity: invisible to the naked eye, it acts deeply, on unconscious layers. Its 248-year cycle makes it a generational planet, marking eras of collective

transformation, crises and irreversible changes. Its distance from the Sun evokes the dark areas of the psyche, those that consciousness must explore in order to reconcile itself with its hidden forces.

In terms of mindfulness, Pluto is the force of inner transformation. It acts as a catalyst for lucidity, pushing us to scrutinise our shadow areas, our unconscious attachments, our control impulses and our deepest fears. There are situations where Pluto's force reveals tensions that we have buried beneath the surface, the resistances that prevent us from growing. It confronts us with the part of ourselves that fears change, but it also offers us the power of re rebirth. Working with Pluto means daring to descend into our depths without judgement, accepting the processes of inner death necessary for regeneration, recognising the illusions of control and allowing the truth of being to emerge. It means learning to transform pain into awareness, fear into lucidity, loss into life force.

On a collective level, Pluto represents humanity's evolutionary force, which acts during global crises and social, economic and spiritual transformations. It governs periods when obsolete structures collapse to make way for new forms of consciousness. Its slow passage through the signs marks major turning points in civilisation: each passage of Pluto reveals collective fears, power struggles and abuses, but also the possibility of collective redemption. It acts as a revealer of truths buried beneath systems, of the shadows that societies must face in order to transform themselves. In this dimension, Pluto teaches us that the outside world is only a mirror of our inner

transformations: the more we resist, the more the crisis intensifies; the more we welcome it, the more light can be reborn from chaos.

Thus, Pluto invites us to understand that every ending already contains the promise of a new beginning. He teaches us to symbolically die to our illusions, to pass through darkness without losing ourselves, and to be reborn more conscious and more unified. He is the force of stripping away and truth, which, after burning everything, reveals what is essential.

Asteroids: *The powers of inner metamorphosis*

In the vast language of the sky, asteroids occupy a unique place. Less well known than the traditional planets, they nevertheless bring valuable nuances to self-knowledge. Each of them acts as a subtle key, revealing inner dimensions often left in the shadows by the larger stars.

This book explores five essential figures:

Ceres, Vesta, Pallas, Juno and Psyche. Each of them has a specific symbolic function, an inner strength which, when recognised, enriches self-knowledge.

Chiron is not included in this group because it is not an asteroid in the strict sense, but a **centaur**, occupying an intermediate position between planets and minor bodies.

Here are the forces and tendencies that will guide our exploration:

- **Ceres:** The power of discernment and purification
- **Vesta**: the sanctuary of sacred fire, the ability to keep alive the connection with the sacred dimension of existence.
- **Juno**: the power of inner legitimacy, the discovery of what within us calls to be recognised and honoured.
- **Pallas**: the power of strategic clairvoyance, the art of seeing beyond apparent obstacles and illuminating subtle paths.

- **Psyche**: the power of metamorphosis in the face of impermanence, the art of crossing irreversible thresholds and inhabiting change without losing oneself.

These asteroids reveal paths of transformation, healing and lucidity.

Ceres: *The power of discernment and purification*

In the immensity of the cosmos, each celestial body reveals a part of the universal forces at work within us. Ceres, the Roman goddess of harvests and fertility, once symbolised the generosity of Mother Earth, but also the rigour of the natural cycle of loss and rebirth. Her myth is not limited to abundance: it evokes separation, pain and transformation. When her daughter Proserpine was abducted by Pluto, Ceres plunged the Earth into sterility until her daughter was returned to her — a powerful metaphor for the need for detachment and a return to balance. Ceres thus embodies the principle of maturation through trial, the art of restoring life after loss, of restoring order to what has been disrupted.

Discovered in 1801, Ceres was first considered a planet, then classified as an asteroid, and finally recognised as a dwarf planet. It is located between Mars and Jupiter in the asteroid belt and marks the symbolic boundary between the inner world of the terrestrial planets and the expansive domain of the giant planets. Its unique position makes it a point of balance: neither entirely dense matter nor pure gaseous immensity, but a place of passage, mediation and

transformation. Its slow cycles are reminiscent of the patient rhythm of healing and reconstruction.

In terms of mindfulness, Ceres represents the inner force that sorts, orders and purifies. She is the impetus towards clarity, the force that drives us to understand our imbalances, not to judge them, but to realign them with a greater order. Ceres acts as a silent and demanding presence: she invites us to examine ourselves lucidly and to rectify behaviours that lead us astray. She is the conscience that sees without complacency, that repairs without condemning, that restores the link between what we are and what we aspire to be. She teaches that true fertility, whether material or spiritual, comes from caring for what is wounded, confused or neglected.

In its collective dimension, Ceres reminds humanity of its responsibility for shared care. It embodies the ecological and moral wisdom of a Earth that can only nourish us if we ensure its balance. Its symbolism speaks of a healing that goes beyond the individual: that of societies learning to reorder their priorities, purify their excesses, and rediscover the meaning of service and sobriety. Ceres teaches us that collective harmony begins with attention to detail, with righteous actions, with the awareness that each inner correction illuminates the world a little more.

Thus, to understand Ceres is to recognise the transformative power of restored order, conscious care and inner clarity. It is to learn that any lasting rebirth requires a slow, patient but essential process of purification, where

light is reborn from the precision of the gaze and the righteousness of the heart.

Vesta: *The sanctuary of the sacred fire*

Vesta, known as Hestia to the Greeks, is the goddess of sacred fire and the inner hearth. In mythology, she occupies a unique place among the gods of Olympus: without adventures or rivalries, she remains at the centre, immobile, watching over the eternal flame of the temple. She embodies stability at the heart of movement, peace amid turmoil, the silent presence that sustains life. Her function is not to conquer or act externally, but to preserve what remains pure, inviolable and intact in every being. She represents the invisible hearth around which the community is organised, like the centre of gravity around which the world revolves.

Discovered in 1807, Vesta is one of the largest bodies in the main asteroid belt, located between Mars and Jupiter. Its shiny surface and differentiated structure resemble a miniature planet, with a core, a mantle and a crust. This distinctive feature makes it a symbol of integrity and inner coherence: Vesta embodies a complete organisation, a stable centre within the chaos of orbits. Both astronomically and symbolically, it represents the idea of a central fire that resists the cold of space, a silent order preserved at the heart of apparent disorder.

In terms of mindfulness, Vesta represents the inner flame that watches over us, even when we are caught up in worldly affairs and the turmoil of the profane. She is the

silent guardian of that which never dies within us: a sacred, pure, immobile space — the sanctuary of the Self. This sanctuary belongs to no tradition or belief: it is the inner room that nothing can defile, the place where consciousness rests in itself, free from injunctions, conditioning and roles. Vesta reminds us that it is not a question of fleeing the world, but of remaining anchored in it from a clear and living centre, of acting without dispersing ourselves, of inhabiting each gesture as a silent offering.

Within us lies the vibrant memory of Consciousness, which remembers, even in oblivion, the light from whence we came. It maintains the link between the human and the sacred, between the ephemeral and the eternal, between the multiplicity of experiences and the simplicity of being. Through her, inner withdrawal becomes a return to the essential, a refocusing that restores verticality and accuracy. She teaches us that true fidelity is not to an idea or a form, but to that invisible flame that nothing must extinguish.

On a collective level, Vesta acts as a guardian of the sacred in the modern world. She reminds humanity of the need for contemplation, silence and inner clarity. In a civilisation saturated with images and demands, she symbolises a return to the still space of the heart, where true peace is born. Her message transcends time: the fire of the temple must never be extinguished. It is by rekindling this inner flame—through meditation, contemplation, care for living things, or the simplicity of a conscious gesture—that we participate in preserving the

balance of the world. Through Vesta, each of us is invited to become the guardian of our own sacred home and, in doing so, to rekindle the light of Being in the collective consciousness.

Juno: *The Force of Legitimacy*

Juno, in Roman mythology, is the great goddess of sacred marriage, protector of fidelity, bonds and legitimacy. She is the wife of Jupiter, with whom she shares sovereignty over the heavens. However, far from being reduced to the stereotypical figure of the jealous companion, Juno embodies a power of reconciliation between the inner feminine and masculine. Her mythical anger, often misunderstood, actually expresses the wound of violated legitimacy: it arises whenever a part of the self is ignored, repressed or betrayed by the ego's quest for power. Behind the myth of Jupiter's infidelities lies a profound truth: Juno's jealousy is not a weakness, but a cry for inner fairness, a call to restore unity between the conscious and forgotten forces of the psyche.

Astronomically, Juno is the third asteroid discovered in the main belt, in 1804, by Karl Harding. With a diameter of approximately 234 kilometres, it orbits between Mars and Jupiter, in the region of the sky symbolising the transition between individual effort (Mars) and moral and social consciousness (Jupiter). Its position in this part of the solar system perfectly illustrates its symbolic function: to connect instinct and law, to unite the personal and the collective, to transform the tension between desire and duty into living coherence.

From the perspective of mindfulness, Juno represents the legitimacy of being. She is that inner voice that reminds us that nothing within us needs to be denied. She teaches us to welcome our impulses, emotions and contradictions as true expressions of the life that flows through us. The ego, seeking to protect itself, sometimes rejects what it does not understand, creating a rift between the image we show and the truth we feel. Juno invites us to close this rift, to recognise the wounded or denied parts as strengths to be integrated rather than flaws to be corrected.

In its deepest symbolism, the cuckoo – a bird linked to its encounter with Jupiter – evokes the cunning of life itself: what has been cast aside returns, disguised, to be finally welcomed. Juno's sceptre, topped with this bird, therefore does not represent power over others, but rather a rediscovered inner authority that legitimises all our dimensions, including the most disturbing ones.

On a collective level, Juno acts as a memory of justice and relational equity. She reveals the imbalances in our human structures when certain voices, emotions or values are excluded in favour of others deemed more legitimate. In the contemporary world, her symbolism takes on a particular significance: she invites us to restore the dignity of the sensitive, the feminine, the vulnerable, to rehabilitate what has been relegated to the shadows of rational or hierarchical systems.

Thus, Juno embodies the reconciliation of the whole. She does not seek to overturn the established order, but to harmonise it by reintegrating what has been excluded from

it. She teaches us that true legitimacy is not gained through conformity or domination, but through the complete acceptance of who we are. Where the ego separates in order to protect itself, Juno unites in order to heal.

Pallas: *Strategic foresight*

In Greek mythology, Pallas Athena was born wearing a helmet and armed with the head of Zeus. Daughter of lightning and divine reason, she emerged entirely from the mind, a symbol of pure intelligence, capable of discernment and strategy. Goddess of thoughtful warfare, protector of cities and inspirer of artisans, she embodies active wisdom: that which conceives, plans and acts without being carried away by anger or fear. At her side watches the owl, guardian of vision in the darkness, reminding us that true clarity comes from inner silence.

Astronomically, Pallas is the second asteroid discovered after Ceres, in 1802, by the German astronomer Heinrich Olbers. It orbits between Mars and Jupiter, in that transitional zone where the instinct for action and orderly thought are balanced. Its slightly inclined orbit already symbolically reflects its function: that of a gaze that detaches itself from ordinary planes in order to perceive differently. Pallas is not measured by brute force or speed, but by the precision of its trajectory.

In mindfulness psychology, Pallas harbours a subtle power: that of finding a way out where everything seems blocked. It is not the reckless impulse that bangs against a wall until it is exhausted, but the clear-sightedness that

knows how to stop, be silent inwardly, observe and perceive the opening invisible to the hurried eye. Its nature is twofold: vigilant silence, which frees perception from its automatisms, and strategic courage, which acts with precision when clarity manifests itself. This rare combination gives it the ability to "tunnel" through psychological and existential obstacles, like a particle passing through an energy barrier in quantum physics. Where classical logic sees a wall, Pallas sees a flaw, and where effort fails, she reveals the subtle passage that was simply waiting to be perceived.

Pallas symbolises in our psyche the capacity for awakened discernment. She acts not through calculation or mental cunning, but through the lucidity that emanates from silence. She teaches us the art of active non-effort: to stop struggling and let the obvious emerge. This attitude is neither r flight nor inertia, but a state of lucid presence where action arises naturally from right vision. When an opening appears, it requires the courage to take it, even if it confounds conventional logic. Pallas' inner warrior does not fight to win, but to maintain consistency between perceived vision and action.

On a collective level, Pallas reflects the intelligence of human consciousness when it frees itself from fear and reflexes. She inspires societies to move beyond fruitless confrontation and seek the path of creative discernment. Where structures collapse, she opens up new perspectives; where discourse closes, she introduces nuance and clarity. Her strategic vision is not one of power, but of fairness: she reminds us that lasting solutions come neither from

force nor chance, but from silent listening and a deep understanding of the dynamics at play.

Thus, Pallas manifests herself both as an inner guardian and as an awakening collective consciousness. She teaches us that dead ends are not ends, but thresholds of transformation. Where everything seems closed, she shows the way through. Where thoughts are agitated, she invites silence. And in this silence, a new vision—an intelligence that sees beyond the visible—rises, simple, obvious, sovereign.

Psyche: *The metamorphic power of impermanence*

The asteroid Psyche takes its name from one of the most profound stories in Greek mythology: that of the human soul put to the test. Psyche, a mortal woman of such beauty that she aroused the jealousy of Aphrodite, was subjected to a series of trials designed to test her constancy, her courage and her ability to love beyond fear. Her journey is not a series of punishments, but an initiatory journey: that of a consciousness that learns, through loss and separation, to recognise the light that no longer depends on anything external. The myth of Psyche is one of transition: the repeated crossing of thresholds that dissolve the old to allow the soul to love and live from a place greater than itself.

Discovered in 1852, Psyche is a large metallic asteroid in the main belt, located between Mars and Jupiter. Its iron- and nickel-rich composition makes it a likely remnant of an ancient planetary core, a kind of nucleus exposed by

ancient collisions. Symbolically, this 'essential' nature is significant: Psyche is not a surface, but an unveiled centre, a structure stripped of its envelopes. It thus evokes the naked part of our being that survives all mutations, that consciousness that persists when forms dissolve.

In terms of mindfulness, Psyche represents the transformative force that allows us to inhabit impermanence without losing ourselves. She does not herald suffering or destruction, but rather the conscious journey through change. She teaches the art of crossing thresholds with lucidity and flexibility, cultivating four precious qualities: intelligent perseverance, openness to outside help, transformative curiosity, and endurance in the face of absurdity.

On a collective level, Psyche represents humanity's process of inner evolution: the ability to shed our skin without destroying ourselves, to navigate planetary, cultural, or spiritual crises while keeping alive our awareness of unity. She embodies the adaptive intelligence of the human species in the face of successive mutations, the memory of a collective soul in learning. Thus, in a world where everything is changing, Psyche reminds us that metamorphosis is not a rupture, but a natural breathing space for consciousness. She invites us to say yes to impermanence—not as a threat, but as the most intimate of truths.

Centaurs: *Forces of rupture and refocusing*

Centaurs are neither classic asteroids, nor planets, nor planetoids in the strict sense:

- they are **unstable bodies**, often referred to as **comets in the making**.
- Their orbits cross those of the giant planets (Jupiter, Saturn, Uranus, Neptune), making them "passers" between worlds.
- Their name refers directly to the mythology of **centaurs**, hybrid figures, half-man, half-horse, embodying the contradictions between instinct and consciousness.

Discovered at the end of the 20th century, these celestial bodies with unstable orbits are neither simple asteroids nor true planets. Both wandering stars and comets in the making, they cross the spheres of the giant planets, like messengers crossing the boundaries between worlds.

Their name links them to the centaurs of Greek mythology, creatures that are half-man, half-animal, embodying the tension between wild instinct and the quest for consciousness. From Chiron, the wounded healer, to Pholus, the revealer of what escapes us, to Nessus, the poisoned shadow that forces us to change, each centaur seems to invite us to confront our own contradictions.

In mindfulness psychology, Centaurs are not stable forces like planets, nor are they inner nuances like asteroids. They are points of passage, places of crisis and

metamorphosis. They shed light on those areas of ourselves where the old world no longer works, but where the new has not yet been born.

Studying Centaurs is therefore exploring the initiatory breaches that run through our lives, those moments when suffering, loss or disorientation paradoxically become thresholds to a broader consciousness.

We will explore this unique constellation of symbols, starting with **Chiron**, the best known and already widely studied, then we will reflect on Pholus, Nessus and other emerging figures. For as astronomy discovers new Centaurs, we are given as many opportunities to refine our reading of the transition zones of the psyche, where humans discover their fragility and yet are called upon to transform themselves.

Chiron: *The inner breach, shared resilience*

In Greek mythology, Chiron is a centaur unlike any other: wise, benevolent and focused on knowledge. Wounded by a poisoned arrow that he could not heal, he learned to transform his pain into teaching. Through his immortality, he had to live with endless suffering until he understood that true healing does not consist in removing pain, but in transforming it. Thus, Chiron became the master of heroes, the one who teaches through his wound, not through theory.

Astronomically, Chiron is a unique object in the solar system, halfway between planets and comets, located

between Saturn and Uranus. Its elliptical trajectory symbolises the passage between the world of limitations (Saturn) and that of liberation (Uranus). It acts as a bridge: it connects the known and the unknown, form and consciousness, suffering and light. This cosmic positioning reflects its nature as a mediator, a threshold between matter and spirit.

In terms of mindfulness, Chiron provokes nothing, neither hurting nor healing. It symbolises a living force already present within us: that of shared resilience. It reveals an inner space of fracture, a threshold not yet crossed, where suffering can become openness. When met with attention and gentleness, pain ceases to be an obstacle and becomes a passage to naked consciousness. What Chiron shows us is that healing is not an effort, but a recognition—the recognition that light penetrates through our cracks.

On a collective level, Chiron evokes the possibility of a humanity aware of its vulnerability. He does not invite us to heal alone, but to connect our inner experiences with those of others. Where each person has suffered, risen again, understood, a resonance takes hold — not to teach, but to bear witness. This is how the wound becomes a bridge: it connects beings through compassion, that silent wisdom born of experience. In a world that still seeks to avoid pain, Chiron reminds us that it is by embracing it that we rediscover our shared humanity.

Nessus: *The inner breach, shared resilience*

In Greek mythology, Nessus is the centaur who helps travellers cross the river Evenus. But when he carries Deianeira, the wife of Heracles, he gives in to lust and tries to kidnap her. Heracles, to save her, pierces him with an arrow dipped in the poisoned blood of the Hydra. Before dying, Nessus deceives Dejanira into believing that his blood has the power of eternal love. Later, when she smears it on her husband's tunic, the poison eats away at Heracles' flesh, causing pain that paradoxically leads him to apotheosis. This myth illustrates the ambivalent nature of the poisoned gift: what seemed to protect or unite becomes a source of suffering, but also a passage to a form of liberation.

Astronomically, Nessus belongs to the family of centaurs, celestial bodies located between the orbits of Jupiter and Neptune. These objects are both wandering and mediating, connecting personal and transpersonal planets. Their unstable trajectory evokes the psychological role they symbolise: forces of transition, unveiling and transformation, which bring to light the shadows inherited from the past in order to allow them to be traversed. Nessus, among them, acts as a revealer of the link between collective memory and individual consciousness, between what we believe to be our inheritance and what we can do with it when it is seen with clarity.

From the perspective of mindfulness, Nessus does not cause anything externally: through synchronicity, he manifests the inner imprints of inherited conditioning—

familial, cultural, moral, or emotional—that we have received as signs of love, loyalty, or protection, but which are in reality forms of confinement. It invites us to observe these illusions of security, to see them without judgement and to recognise that they do not define our being. The process is demanding, because deconditioning oneself means going through inner insecurity, stripping oneself of the identity markers that seemed to guarantee belonging. But this transition is liberating: it restores sovereignty to the consciousness, dissolving unconscious loyalties to allow a broader loyalty to emerge, that of being present to oneself.

On a collective level, Nessus sheds light on the unconscious transmissions that circulate through generations: beliefs, norms, hierarchies, shared duties and guilt. It shows how humanity perpetuates poisonous patterns in the belief that it is protecting its balance, when in fact it is merely reproducing the chains of its illusions. But it also reveals the possibility of a shift: when these legacies are seen, recognised and integrated, they cease to poison and become gateways to freedom. Nessus reminds us that it is only by accepting to look at our conditioning, without condemning or justifying it, that we can pass on something else: no longer roles or fears, but a free, conscious and creative presence. It does not lead to consolation, but to lucidity — that radical clarity that puts an end to the transmission of poison and restores to each person the responsibility for their own light.

Pholus: *The inner breach, shared resilience*

In Greek mythology, Pholus is a hospitable and peaceful centaur, unlike his fellow centaurs, who are often carried away by instinct and excess. He welcomes Heracles into his cave and, wanting to honour him, agrees to open a jar of wine given to him by Dionysus, which was meant to remain sealed until a gathering of all the centaurs. This seemingly innocuous gesture causes chaos: the other centaurs, attracted by the smell of wine, rush in and a violent melee ensues, during which Heracles' poisoned arrow strikes Pholus himself. Thus, it is his curiosity, or perhaps his hesitation, that triggers a chain reaction beyond all measure.

The myth tells us about the tipping point: the moment when the most innocent intention can open unexpected doors, revealing how much consciousness – or lack thereof – determines the nature of the consequences. Pholus symbolises the fine line between sacred order and profane dispersion, between inner vigilance and loss of centre.

Discovered in 1992, Pholus is a celestial body located between the orbits of Saturn and Neptune, belonging to the Centaur family. Its orbit is unstable, highly elliptical, and takes it through several areas of the solar system, as if it were linking the spheres of the known and the unknown. This unique trajectory, halfway between the structured world (Saturn) and that of spiritual transcendence (Neptune), reflects its symbolic role: mediator between matter and transcendence, between the coherence of reality and the call of the invisible.

Pholus exerts no external influence: it acts as an inner mirror, a signal of synchronicity revealing the precise place where our balance between the sacred and the profane is played out. It is the guardian of the centre, the one who observes the hesitation before the act, the silence before the choice.

Within us, he represents that capacity for discernment that prevents the ego from giving in to dispersion. Every time we act without presence, we open our own "wine jar", releasing forces that we no longer control. But when consciousness is awake, the same gesture becomes a sacrament: it connects everyday life to a larger dimension. Pholus teaches us that the sacred is not elsewhere, it resides in the way we inhabit each moment with vigilance and consistency.

On a collective level, Pholus symbolises those pivotal moments when a tiny event triggers a major transformation: climate change, social upheaval, paradigm shifts. He reflects the planetary consciousness in search of its centre, oscillating between forgetting meaning and remembering the sacred. Thus, Pholus does not herald catastrophe, but rather the possibility of awakening : the recognition that every gesture, every word, every choice contributes to the balance of the whole. It reminds us that individual responsibility is inseparable from collective consciousness, and that the outside world always reflects our ability – or our difficulty – to remain connected to what is essential.

Chariklo: *The power of conscious non-action*

In Greek mythology, Chariklo is a water nymph and the wife of Chiron, the wisest of the Centaurs. Her presence unfolds in the shadows of myth, silent but essential: she watches over, supports and accompanies. Where Chiron embodies the initiatory wound and the quest for healing, Chariklo represents silent compassion and the tenderness of non-action.

When Chiron is wounded by Heracles' poisoned arrow, it is Chariklo who remains by his side, a symbol of loving support in times of trial, of that inner loyalty that seeks not to save, but to honour the transformation underway. Her figure evokes contemplative femininity: that which heals through presence rather than action, through listening rather than intervention.

In some stories, Chariklo is also the mother of Pantesilea or the nurse of Athena, two archetypes of wisdom and mastery. Through her connection to these figures, Chariklo embodies the initiator woman, guardian of the threshold, who quietly transmits a sense of moderation and respect for the natural rhythm. She is the soul of care, the silent matrix where healing becomes possible. Through her, mythology teaches that true healing does not result from effort or a desire for control, but from an intimate alignment with life. Chariklo reminds us that to heal is to welcome, and that the sacredness of care lies in the quality of presence, not in the result.

Chariklo is the largest of the Centaurs known to date. Its orbit lies between Saturn and Uranus, in that pivotal zone where the transition between the world of structured forms and that of liberating forces takes place. It completes its revolution in approximately sixty-three years.

Chariklo is not a trans-Neptunian object, but a Centaur, a body in transit between the social and transpersonal planets. Like Chiron, Pholus and Nessus, it belongs to this family of unstable stars that symbolise shifts in consciousness and crises of metamorphosis.

It is distinguished by a unique feature: the presence of a ring system, discovered in 2014. These rings, which are extremely thin, encircle the small body of ice and rock like a luminous aura, representing a field of protection and contemplation. They make Chariklo a rare symbol: that of the conscious sphere that protects without confining, of the containing presence where healing can flourish.

Astronomically and symbolically, Chariklo occupies a central and essential position: it connects Saturn, the principle of limitation and form, to Uranus, the principle of liberation and awakening. It represents that point of balance where structure opens up to consciousness, where matter becomes transparent to light.

Chariklo expresses the wisdom of non-action, that deep trust in the life force at work in every healing process. She embodies a quality of being that does not seek to repair, but to accompany, allowing healing to emerge on its own in silence and presence. She is the discreet and benevolent

inner presence that makes healing possible, the point of balance between surrender and vigilance.

Chariklo teaches respect for the natural rhythm, the art of remaining in tune with the flow of life. She symbolises our deep biorhythm, that organic intelligence that knows when to act and when to be silent, when to open up and when to rest. She teaches us that true care does not consist in intervening in life, but in trusting it, in recognising that in the absence of resistance, life restores itself.

In this sense, Chariklo represents trust in our power of inner healing, when consciousness ceases to want to control and surrenders to the natural movement of existence.
On a collective level, Chariklo acts as a principle of calm and inner coherence in times of crisis or change. She reminds humanity of the need to slow down, listen and respect natural cycles, both internal and environmental.

Her resonance invites societies to rediscover the value of silence, mutual care, long-term thinking and the invisible bond that sustains life.

Through Chariklo, the collective consciousness learns that the healing of the world will not come from a desire for control, but from a return to presence, a gentler and more trusting relationship with the Earth. She watches over this transition: from a restless and voluntaristic humanity to a humanity capable of welcoming, listening and cooperating with the rhythms of life.

Typhon : *The power of flexibility in reality*

In Greek mythology, Typhon — or Typhoeus — is the last son of Gaia, born in her anger against Zeus after the defeat of the Titans. Born from the depths of the Earth, he embodies the telluric thrust, the raw and indomitable energy that seeks to overturn the celestial order. With his hundred fire-breathing serpent heads, he rises up against the king of the gods and threatens to dissolve the entire cosmos in the tumult of primordial forces. During the battle, Zeus confronts Typhon in a duel, but the monster manages to defeat him. With a stroke of his sickle, he cuts the tendons in his arms and legs, depriving him of all strength and movement. Disarmed and disarticulated, Zeus is carried away to a dark cave, guarded by the dragon Delphyne. In the guise of Hermes, Pan, Athena or Cadmus, depending on the version, subtle help arrives: cunning discernment and clear intuition that knows how to outwit brute force. Through trickery, the allies put Delphyne to sleep, recover Zeus' tendons and sew him back together. During this time, the Moirai, guardians of destiny, trick Typhon into eating ephemeral fruits that he believes will make him immortal, but which weaken him. Typhon, weakened, is then struck down by Zeus and buried under Mount Etna, where his fires remain, transformed into underground energy.

Discovered in 2002, Typhon is a celestial body classified as a centaur. It follows an unstable and highly eccentric orbit, which crosses those of the giant planets, oscillating between the domains of Saturn and Neptune. With an orbital period of approximately 234 Earth years, it lies on

the border between the planetary world and that of the trans-Neptunian planetoids. Typhon is distinguished by the presence of a satellite, Echidna, forming a close binary system with it: a symbolic image of the duality between telluric force and its feminine complement. With a diameter of approximately 160 kilometres, it has all the characteristics of a transitional body, half-comet, half-asteroid, witnessing the transition zones between planetary spheres. Through its hybrid nature and chaotic orbit, it perfectly illustrates the dynamics it represents on a psychic level: crises, mutations and transitions between worlds.

In the psychic realm, Typhon symbolises the resurgence of archaic forces that the being can no longer contain. It represents the moment when mental structures, stretched around control and will, break down under the pressure of life. It is not consciousness that collapses—it remains the unalterable and silent background—but the network of attachments to doing: that tense will that claims to control the flow of life.

Its action is initially disruptive: it breaks the artificial link between will and natural movement. But this rupture prepares the way for a deeper relaxation. Typhon invites us to be silent, to break the attachments of doing, to relax our tense will so that life can regain its original flexibility. This silence is not a void, but a peaceful fullness: the very matrix of all change.

In this inner field, everything is played out by the power of attention. This power, located at the gates of consciousness, acts as a vigilant sentinel: it does not create

light, but it prevents impulses and automatisms from veiling it. When attention remains flexible and silent, it does not fight against impulses — it observes them without becoming confused with them. Under this tranquil gaze, everything falls into order: what was agitation becomes right movement, what was tension becomes available energy.

When faced with temptations, attention does not oppose them: it uses cunning, thwarting the seduction of the mind through the very transparency of its presence. For to see an impulse clearly is already to free it from its hold. In silent vigilance, impulses naturally return to their source and become fuel for creativity.

Typhon therefore destroys nothing: it relaxes the psyche until it regains the fluidity of life itself. There are situations in which the being must learn to act with flexibility, to allow the tensions that prevent the Real from manifesting itself to dissolve. It marks the places where inner tension must be released so that attention can regain its balance, where the fire of chaos becomes the warmth of presence.

On a collective level, Typhon reflects the moments when humanity itself is caught up in its own tensions: the desire for domination, loss of flexibility, imbalance between doing and being. When it acts in planetary cycles, it reveals the areas where civilisation must relax in order to survive: relaxing the muscles of progress, renouncing technical tension, falling silent in order to rediscover the connection to life. As in the myth, the modern world is passing through its cave: disarmed by its own excesses, it

seeks the cunning of discernment, the vigilance capable of restoring strength to what has been disjointed within it. Typhon then becomes a symbol of a return to the flexibility of reality, of a fluid intelligence, where power is no longer tense with control but reintegrated into presence.

The Planetoids: *Guardians of the threshold and memories of the world*

Planetoids are celestial bodies located at the edge of the solar system, beyond Neptune's orbit, in the Kuiper Belt or in the still unexplored spaces where the Oort Cloud begins. Their discovery is recent and continues today, as if humanity, by broadening its gaze, were encountering forgotten worlds on the threshold of cosmic emptiness. Unlike asteroids—fragments located between Mars and Jupiter, linked to the subtle nuances of the individual psyche—planetoids open up another field: that of a collective, transpersonal consciousness that transcends personal destiny.

This emergence in the sky resonates intimately with the evolution of our consciousness: as we discover the immensity of the universe, we become aware that we are part of a living, fragile, interconnected whole. Planetoids symbolise this inner transition. The names given to them are not mere labels, but the first key to their archetypal dimension: each name evokes a fundamental question addressed to humanity, a myth, a buried memory, a threshold crossing.

The further a planetoid moves away from the Sun, the more its dynamics seem to connect the individual to collective forces, civilisational rhythms, historical fractures or metamorphoses of consciousness. Their orbital movement itself becomes meaningful:

– A highly elliptical orbit reflects forces that do not act at the centre but at the margins, shaking certainties and shifting the boundaries of the thinkable. – A strong inclination evokes energies that do not follow the usual patterns, disrupting norms and inviting us to rethink our social, cultural and spiritual structures.– An extremely long period of revolution reminds us that certain transformations do not concern the individual but the very history of humanity.

In their own way, planetoids do not speak primarily of personality, but of what passes through it, transcends it and sometimes throws it into crisis. They raise questions such as:
–How much of me belongs to something larger than my personal history?
–What inner calling do these stars awaken when I encounter a limit, a change, a rupture?
–What collective memory or transformation of humanity am I, consciously or unconsciously, a living witness to?

This is where they differ profoundly from asteroids: asteroids detail individual psychic functions, while planetoids touch on the consciousness of the species. They seem to carry the great memories and thresholds of transformation of humanity:

–ecological crises and awareness of living beings,
–system collapses, migrations, uprooting,
–conscious rebirths, the emergence of a more connected world,
–internal fractures that mirror fractures in the world.

They must be listened to as sentinels of consciousness. They appear when something at the heart of humanity calls out to be seen: a wound, a fault line, a forgotten resource, or a rebirth at work. They do not promise solutions, but reveal the liminal zones where the old is falling apart and the new is still seeking form.

The following pages explore these powers of a frontier world — **Eris, Haumea, Makemake, Quaoar, Varuna, Orcus, Ixion, Sedna, Chaos, Salacia, Gonggong, Huya**... — not as astronomical curiosities, but as living archetypes. They speak of human beings in their broadest dimension: that of beings affected by the crises of their time, touched by the changes in the world, capable of falling, but also of being reborn and expanding their consciousness.

It is not a question of believing, but of listening: feeling what, through them, seeks to express itself within us.

Eris: *The power of disruptive truth*

Harmonising Love, Wisdom and Power

In Greek mythology, Eris is the goddess of Discord. In the myth of the Judgement of Paris, she throws a golden apple inscribed with "to the most beautiful", forcing Paris to choose between three goddesses: Aphrodite (Love), Athena (Wisdom) and Hera (Power). By choosing love alone, Paris broke the balance between these three fundamental forces of being, triggering the Trojan War.

This story illustrates that division always arises from an imbalance between the emotional, intellectual and volitional dimensions. Love without wisdom becomes blind, wisdom without love becomes cold, and power without discernment becomes destructive.

Eris therefore does not represent gratuitous discord, but the principle of truth that reveals the hidden fractures of an apparently stable order. Where the illusion of unity masks imbalances, she intervenes to provoke lucidity. Her function is not to divide but to expose what separates, in order to allow for a more authentic reconciliation. Eris is the clarifying force that lays bare contradictions, not to judge, but to restore unity at a higher level of consciousness.

Eris is a trans-Neptunian object discovered in 2005, whose distant and eccentric orbit challenges the limits of the solar system. Its brightness, comparable to that of Pluto, and its peripheral position reflect its symbolic nature: a rebellious star, located at the edge of the known, inviting us to expand the field of human consciousness. Its name was chosen deliberately: like the goddess, it upsets certainties, challenges established structures and reminds us that any closed system will eventually crack if it excludes a part of the truth.

Eris represents the inner dynamic that drives beings to continually adjust between love, wisdom and power. She manifests the movement of consciousness when it confronts its own imbalances, seeking unity beyond polarity. This process often involves tension, as truth

rarely arises in comfort. Where emotion overflows, where fear blocks, or where willpower imposes itself without compassion, Eris invites silent listening, measured action, and benevolent openness.

Eris symbolises the testing of human systems. She reveals social, ecological or spiritual fractures when the balance between love (solidarity), wisdom (consciousness) and power (action) is broken. What she shakes up in the outside world is only a reflection of the inner imbalances that humanity must recognise in order to evolve. Thus, Eris embodies a force of evolution through crisis: her role is not to destroy but to reveal, so that a deeper harmony may emerge, based on lucidity, compassion and shared responsibility.

Orcus: *The guardian of the oath*

In Roman mythology, Orcus embodies fidelity to one's word. A deity of the Underworld, often confused with Pluto but with a more specific function, he watches over not death, but loyalty: the loyalty that human beings owe to themselves and to the promises they make before the sacred. Orcus punishes perjury not as divine vengeance, but as the inevitable consequence of an inner rupture. He represents the immutable law according to which betraying one's word is tantamount to cutting oneself off from one's own source. In ancient tales, he reminds us that the real fault lies not in external transgression, but in the intimate betrayal of what connects man to the world and to the divine. To be loyal to oneself is to honour the invisible link between the soul and the cosmos.

Discovered in 2004, the planetoid Orcus orbits far beyond Neptune, in an orbit almost identical to that of Pluto but reversed: when Pluto approaches the Sun, Orcus moves away from it, and vice versa. This mirror-image movement reflects a profound complementarity: Pluto strips away, Orcus preserves. While one lays bare the essence by destroying masks, the other ensures that this essence is not betrayed. Orcus has a moon, Vanth, associated with the Etruscan goddess of the underworld who guides souls towards the inner light, symbolising subtle guidance in the passages of consciousness. Its distant orbit, invisible to the naked eye, evokes the silent stability of an inner force that remains true to itself, free from any external influence.

Orcus represents fidelity to the inner oath, that silent pact by which the being commits to remaining true, whatever the cost. He acts as a reminder, a conscience of righteousness that brings us back to our centre when we begin to give in to the illusions of appearances, fear or ease. His function is not to punish, but to restore harmony between intention, word and action. Whenever this harmony is broken, inner al coherence is fractured, vitality diminishes and the soul darkens. But when fidelity is preserved, presence becomes denser, dignity is reborn and the strength of being manifests itself with quiet assurance. Orcus teaches us that there is no true ethics without alignment, and that loyalty to oneself is the highest form of spiritual sincerity.

Orcus acts as an invisible guardian of human cohesion. He does not address humanity as an abstract entity, but each individual separately. For the collective is not an

autonomous force: it is merely a reflection of who we are. When beings remain faithful to their inner truth, their consistency is reflected in the world, consolidating trust and harmony in the social fabric. Conversely, when fear, lies or compromise dominate, the entire collective field fragments. Thus, Orcus reminds us that world peace depends on the courage to remain true to oneself, that inner loyalty is the matrix of all external stability. He watches over, in silence, to ensure that the essential word – "I am" – is never betrayed, for the unity of life depends on this fidelity.

Ixion*: The gift received by life, silent grace*

Ixion evokes the memory of a sacred gift, the ever-present possibility of grace offered by life. In Greek mythology, he is the mortal who, after committing a fault, receives an unexpected favour from Zeus: an invitation to dine at the table of the gods. This divine gesture is not intended as a reward, but as an elevation. Yet, instead of recognising the spiritual value of this offering, Ixion a ly looks away, seduced by the illusion of desire and power. This act of forgetfulness—not out of ingratitude but out of unconsciousness—condemns him to spin eternally on a wheel, a symbol of the wandering spirit that seeks peace in vain outside of itself. This wheel is the cycle of human distractions, which distances us from the source when we forget the sacred nature of what life entrusts to us. The myth of Ixion is therefore not about punishment, but about teaching: it teaches us that grace, even when betrayed, never disappears. It remains, patiently, until consciousness

remembers its origin and rediscovers the inner axis from which everything radiates.

Astronomically speaking, Ixion is a large trans-Neptunian body in the Kuiper belt, discovered in 2001. It follows an eccentric and inclined orbit, in resonance with Neptune, and completes its revolution around the Sun in approximately 247 years. Its dark, reddish surface, composed of ice mixed with organic materials, bears witness to an ancient world, shaped in the icy depths of the solar system. Its irregular, distant and silent trajectory seems to reflect the image of a marginal being, wandering between light and darkness, reminding human consciousness of its share of distance, exile and possible return.

Ixion symbolises, on an inner level, this ability to recognise the grace underlying existence, to remember that any gift received only has meaning if it is honoured and passed on. It speaks to us of the dignity of conscious elevation: that which seeks neither glory nor power, but a hip that bows before the source in all humility. Receiving a gift requires an open heart, receptivity and gratitude — not as a moral virtue, but as a quality of presence that connects us to consciousness. When attention is diverted, life becomes repetition, emptiness or agitation. But when attention turns to the source, the gift awakens and unfolds into a living work. Ixion's experience is that of every human soul: the possibility of forgetting, of losing oneself, and then of remembering that one is permeated by the very grace one was seeking.

Ixion evokes the shared responsibility of recognising that gifts — whether artistic, intellectual, spiritual or scientific — do not belong to us. They flow through us like currents of life and become sterile as soon as they are diverted for the benefit of the ego. Humanity is called upon to rediscover the sacred meaning in what it creates, to work not to dominate, but to celebrate the consciousness at work through it. Gratitude then becomes an act of lucidity: it restores the connection with the source and keeps the flow of gifts alive. Ixion reminds us that grace is always there, that the wheel can come to a halt as soon as attention returns to the centre, and that recognising the source of a gift is already an act of love.

Chaos: *Fertile emptiness*

Chaos is the name given to primordial emptiness, the opening from which all creation springs. In Greek cosmogony, it precedes everything: before the Earth, before Night, even before Love, there was Chaos—not a god, but a space without contours, a gaping void in which all possible forms lie dormant. Its name, derived from the Greek *khaos*, means 'opening' or 'fault', evoking the first breath rather than disorder. Chaos is therefore not turmoil, but the undifferentiated matrix from which the universe emerges. From this fertile void arise the first powers of the cosmos, such as Night and Darkness, then Mother Earth. Chaos does not create these forces: it contains them virtually, like a field of infinite potentialities, a threshold between non-being and being, the silent origin of all manifestation.

Discovered in 1998, the celestial object named Chaos moves in the peaceful confines of the Kuiper Belt, beyond Neptune. It follows a stable and slow orbit, completing its revolution around the Sun in just over three centuries. Its dark surface, made of ancient ice and carbonaceous materials, weakly reflects the Sun's light, as if it retained the memory of the original darkness. Isolated, far from any gravitational disturbance, it evolves in a region where time seems suspended, recalling the motionless calm of the mythical Chaos before the birth of forms.

Chaos represents the principle of the undifferentiated: that which precedes all distinction, all structure. It does not belong to disorder but to the silent fullness from which everything can be born. Its dynamic is not destructive; it dissolves fixed forms to restore life's power of renewal. It reminds us that all organisation eventually dissolves to be reborn in a new form. The void it introduces is not an ab fence but a field of possibilities, a regenerative matrix where consciousness strips itself of the superfluous.

Chaos refers to those inner passages where reference points fade away and the mind, deprived of its certainties, encounters the unknown. In this vacillation, the structures of identity dissolve, giving way to a naked experience of reality. This moment of suspension is not a loss, but a silent gestation. In the void it reveals, something greater is brewing: a subtle reorganisation of consciousness, no longer based on fear of chaos but on embracing not knowing.

Chaos evokes periods when civilisations themselves are approaching a tipping point. Systems are fragmenting, old structures of meaning are disintegrating, and humanity is confronted with a void of reference points. But at the very heart of this dissolution lies the promise of rebirth. Chaos then acts as a reminder of the primordial foundation: it teaches us that fertility does not come from control, but from the space left open to the unknown. It is the hidden breath of the world, the silence from which speech springs, the emptiness from which form arises — the first breath, eternally at work beneath the fabric of the cosmos.

Salacia: *Guardian of the Vertigo of Revelation*

In Roman mythology, Salacia was first a deity of gushing waters, guardian of springing sources and vital flows. Her name, related to *salum*, evokes the foam, movement and freedom of wave-motion, but also, according to other interpretations, the fluid and indomitable sensuality of life. Initially a numen of living waters, she embodies the spontaneous and rebellious side of the aquatic feminine: the one who leaps, splashes and fertilises. Wife of Neptune, she represents his receptive counterpart, the inner dimension of the god of the seas. Legend has it that she first hid to escape his advances, before being appeased by a messenger dolphin. This transition from refusal to acceptance, from isolated gushing to merging with the ocean, symbolises the union of free movement and depth, of the source and the sea, of desire and consciousness.

Discovered in 2004, Salacia belongs to the Kuiper Belt, the distant region where trans-Neptunian planetoids orbit.

It measures approximately 850 kilometres in diameter and completes its orbit in nearly 270 years, following a stable trajectory slightly inclined to the plane of the planets. It has a moon, Actaea, whose presence reinforces its symbolism of relationship and inner resonance: like a mirror turned towards the source, Actaea reflects the light of Salacia, reminding us that all creation is born of a silent dialogue between impulse and its echo.

Salacia embodies the encounter between the gushing force of life and the peace of contemplation. She teaches the art of welcoming the flow without losing oneself in it, of letting the energy of life circulate through oneself without constraining or repressing it. Where Neptune dissolves forms in the immensity of the sea, Salacia gathers this movement in the depths of the heart. She is the inner space where dissolution becomes fertility, where the vital impulse becomes gestation. She shows that spiritual fertility is born not from control but from availability, from that active receptivity that allows life to renew itself from moment to moment.

Rebellious, because it defends the freedom of the gush against all forms of control, Salacia also reveals the vertigo of revelation: the moment when consciousness allows itself to be carried away by the current of life, not to dissolve, but to find itself in its own vastness. The danger lies not in the movement itself, but in the loss of presence. For when Salacia's water is no longer guided by consciousness, it can become a torrent or a wave, revealing the raw power of uncontrolled desire. It therefore invites us to unite the intoxication of the flow with the lucidity of

the witness, to remain still at the heart of the movement, a receptacle for what is revealed.

Salacia represents the ability of life to reveal itself through us when we stop trying to control it. It connects the spontaneity of life with the wisdom of silence, reminding us that the essence of fertility lies in the passage itself, in that point of balance between momentum and acceptance. It teaches us to see in every surge, every emotion, every desire, the manifestation of an intelligence greater than the self.

Salacia evokes that part of humanity which, in the midst of turmoil, retains the memory of the source. She represents the awareness of the invisible bond that unites beings, the silent connection that sustains the world beneath the surface of events and . In a world often caught between agitation and disenchantment, she reminds us that true fertility—both individual and collective—comes from returning to the inner source, where the flow of life becomes an offering once again. Salacia invites us to experience the vertigo of revelation as an act of trust: that of allowing ourselves to be carried along by life without resisting its depth, of becoming the motionless witness of the current that connects us all to the same sea.

Haumea: *The power of creative regeneration*

In Hawaiian mythology, Haumea is the great goddess of fertility and birth. She gives birth to all things from her own body and has the power to be reborn in countless forms. She embodies the cyclical power of life, the

original matrix from which everything emerges and to which everything returns. Her myth teaches that nothing is ever lost forever: life is constantly renewing itself, transforming, reinventing itself and giving birth to ever new forms. Haumea is the guardian of the principle of continuous creation, the one who travels through the ages, changing her face without ever losing her essence.

Astronomically, Haumea is a unique trans-Neptunian object. Its shape is elongated, almost ovoid, like a cosmic egg, a universal symbol of birth and germination. Its rotation is extremely rapid—less than four hours for a complete revolution—reflecting an energy of incessant transformation. It is surrounded by rings and two moons, evoking a nurturing field, a living matrix fertilising what revolves around it. These characteristics distinguish it as a dynamic source of life and renewal. Its rapid movement and atypical structure remind us that creation never proceeds from a stable state: it springs from movement, fluidity and the rhythm of metamorphosis.

Haumea acts as a symbol of universal resilience. It represents life's ability to regenerate even after collapse, to find a new path when everything seems destroyed. It invites us to reconsider our connection to the Earth not as a relationship of possession, but as conscious participation in a living matrix. In times of global crisis, Haumea evokes the possibility of collective rebirth, of reinventing human structures based on the fertility of life rather than on fear of the end. She reminds us that stability does not lie in permanence, but in the ability to follow the dance of cycles and be reborn from creative chaos.

Haumea acts as an inner principle of psyche reconfiguration. Life then pushes us to be reborn several times, sometimes through crisis, sometimes through voluntary awakening. This rebirth is not unique: it takes many forms, as if consciousness were experimenting with different ways of being in the world. Haumea dissolves fixed identifications of the self and teaches us to embrace the fluidity of identity. She shows us how to die to one form of self in order to let another emerge, one that is more alive, closer to the inner source. Each psychological transformation becomes a creative act, a labour of giving birth to consciousness itself.

Haumea represents the living memory of creation itself. Through her action, consciousness reconnects with the original matrix, the source from which all forms are born. She reminds us that life acts through us, that we are expressions of its infinite creativity. From this perspective, personal transformation is never isolated: it participates in the rebirth of the world. As each person regenerates internally, a collective current of renewal is set in motion. Thus, Haumea embodies the wisdom of continuous creation—that power which, through apparent destruction, prepares for the birth of a new cycle. She teaches us to trust in metamorphosis, to recognise the beauty of transition, and to understand that every ending is just another form of beginning.

Makemake: *The primordial creator and the quest for meaning*

Makemake is the great creator god of Easter Island (Rapa Nui). He is associated with the birth of humanity, cycles of fertility, and the sacred bond between humans and the forces of nature. His cult, that of the birdman, featured a clan chief who had to bring back the first egg of a sacred bird from a steep cliff, a symbol of initiatory courage paving the way for the regeneration of the world. Discovered in 2005, the planetoid that bears his name follows a distant and off-centre trajectory in the solar system. Its shiny, primitive surface of ice and methane evokes an ancient memory, like a frozen fragment of the origins. Its eccentric orbit suggests a force that defies norms, exploring new and visionary paths, mirroring the ritual it embodies: that of passing through trials to bring back a spark of creation from the unknown. Makémaké speaks both of creative power and the meaning of existence. It invites us to rediscover within ourselves a source of inspiration that does not come from the will of the ego, but from an intimate resonance with life, through those moments when difficulty becomes a gateway to awakening and the creative act emerges from simplicity. What it expresses is not repetition, but the audacity to inaugurate, to bring forth something new where nothing yet existed. On a collective level, Makémaké manifests itself in periods when civilisations feel the need to revisit their foundations, to redefine their myths, values and rites. It awakens in us the call of a spiritual ecology, one that sees living beings not as a resource to be exploited, but as sacred partners with whom we must reconnect. It

questions humanity about what it truly wants to create as a culture, as a world to pass on, as a common narrative for the future. At its core, Makémaké teaches that existence itself is a rite of passage: each of us is invited to become an inner bird-man, to climb our cliff of fear and habit to discover within ourselves the egg, that unique seed of creation that no one else can find in its place. The courage to become an individual is not a separation from the collective, but an act of regeneration. When each person dares to fly with their own wings and brings back to the world the living part they have found within, the whole of humanity rises to a new consciousness.

Quaoar: *The dancer of cosmic order*

Quaoar, from the mythology of the Tongva, a Native American people of California, is described as a primordial force without gender, creating the universe not through violence but through song, dance and harmony. In this story, he dances in the void to bring forth Weywot, the first deity, and then together they call on other beings to join in the creation. Each new voice enriches the original melody, gradually transforming chaos into order. When the universe finds its rhythm, Quaoar and the deities give birth to the seven giants who support the world, then animal and human life. This myth highlights a universal wisdom: order arises from harmony, not coercion. Astronomically, Quaoar is a large icy body in the Kuiper Belt, discovered in 2002, with an almost circular orbit, accompanied by a satellite named Weywot. Its regularity and stability contrast with the chaotic trajectories of other planetoids, symbolically reflecting a harmonising force

capable of connecting diversity in a single movement. On an inner level, Quaoar represents this capacity for integration that restores order not by controlling but by harmonising, making life danceable once again. It embodies the memory of rhythm, that intelligence of living beings that knows that healing comes not from control but from accuracy. When this inner force awakens, tensions are transformed into pulsations, contradictions become dance steps and the being regains a natural coherence. On a collective level, Quaoar invites us to reconnect with the meaning of ritual, to celebrate together our belonging to the cosmos, to reinvent forms of communion where the world becomes music again. For by harmonising their own chaos, human beings also harmonise the world: inner peace becomes a shared frequency of peace. Quaoar thus reminds us that the universe is not conquered, it is danced, and that true creation is never an act of power, but a consent to harmony.

Sedna: *The fertility of the depths at the heart of impermanence*

The myth of Sedna belongs to Inuit tradition. It tells the story of a young woman betrayed by her father, who, in a panic, throws her into the sea. As she clings to the edge of his boat, he cuts off her fingers to save himself. Sedna sinks into the icy waters, but her fall brings about a metamorphosis: her fingers become nourishing sea creatures, and she herself becomes the silent guardian of the oceans. This story, with its rare symbolic power, is less about drama than about a transition: one in which we lose all external support only to discover, in the descent, an

unsuspected source of life. The severing of her fingers is not a punishment, but the liberation of a new fertility. What seemed mutilated becomes creative; what fell into the depths is transformed into life.

Thus, Sedna embodies the moment when the foundations of existence collapse, when nothing can be held back any longer: neither security, nor love, nor the certainties of the ego. This myth teaches us that true rebirth is not found in avoiding loss, but in the courage to plunge into it. By ceasing to resist what is falling apart, the being opens up to another dimension: a naked confidence, a lucid presence that no longer depends on what it possessed. Sedna reveals that fertility is not the fruit of stability, but of traversing impermanence itself.

This symbol finds a striking echo in Sedna's astronomical characteristics. Discovered in 2003, it orbits at the edge of the solar system, between the Kuiper belt and the Oort cloud, in a region that is almost a cosmic mystery. Its orbit is extraordinarily long: it takes more than eleven thousand years to complete one revolution around the Sun. This means that entire civilisations are born and disappear before it returns to its starting point. Sedna travels far beyond Pluto, towards the icy confines where sunlight becomes a mere memory. Its existence, almost silent and solitary, evokes the slow breathing of cosmic time, where cycles of transformation exceed the human scale. It stands at the frontier of the known, like a messenger between the visible and invisible worlds.

On an inner level, Sedna symbolises the moment when the being can no longer cling to anything. Where everything collapses — confidence, certainties, protections — she invites us to remain present, not to flee. This descent is not a fall, but a learning experience: that of conscious, e letting go, of lucid surrender to what is. By accepting loss, we discover that another life is revealed in the silence of the depths. It is a slow, invisible movement, but one of immense fertility: the birth of a force that no longer depends on the outside world.

On a collective level, Sedna acts as a mirror of contemporary humanity. She reflects the moment when our civilisation must face the collapse of its landmarks, the fragility of its structures, the end of the certainties that have supported its expansion. But instead of seeing this as a catastrophe, Sedna invites us to understand this phase as a metamorphosis. The old world is falling apart, not to disappear, but to open up a new space, one that is more conscious and more connected. Her immense orbit, which connects the Sun to cosmic darkness, represents this passage: it connects the light of consciousness to matter in transformation. Sedna reminds us that the fertility of the depths can only emerge through the crossing of impermanence.

She is the guardian of the moment when everything collapses and, in the silence of the depths, something greater awakens. Where we thought we had reached the end, she reveals the beginning of a truer life — one that is no longer based on the fear of loss, but on trust in the silent continuity of being.

Varuna*: The Regulator of Truth and Justice*

Varuna is one of the oldest deities in the Vedic pantheon. In the hymns of the Rig-Veda, he appears as the guardian of cosmic order, the *ṛta*, that invisible law that keeps the universe in balance. He watches over truth, loyalty, oaths and commitments, silently observing everything that happens in the world, visible or invisible. He is connected to the primordial waters and the immensity of the heavens, not because he reigns over the element of water, but because he embodies that which envelops, contains and orders all things. He is the one who sees everything, who perceives deviations from the truth and calls to order those who break harmony through deception or ignorance. Over time, his role as celestial ruler was eclipsed by Indra, but Varuna retained his stature as guardian of truth and sacred balance: a silent, inner justice that does not punish, but restores.

Discovered in November 2000 in the Kuiper Belt, beyond Neptune, the planetoid that bears his name orbits the Sun in nearly 283 years. With a diameter of about 700 kilometres, it rotates rapidly, completing its rotation in just over six hours. This speed probably gives it an elongated shape, as if the dynamics of its movement had imprinted on its very matter the rhythm of a balance to be maintained. By naming it Varuna, guardian of invisible laws, the International Astronomical Union emphasised the correspondence between the stability of its orbit and the principle of regulation it symbolises.

On an inner level, Varuna evokes fidelity to what one feels is right, true and consistent with one's deepest being. It represents a regulating force, a silent vigilance that instantly perceives deviations from inner truth. This force does not judge, condemn or : it restores. When a gesture, a word or an intention deviates from what we know to be right, an imbalance is created, naturally calling for a return to inner order. Varuna reminds us that betrayal of oneself, even if imperceptible, always ends up creating a dissonance that only fidelity to the truth can appease.

From a mindfulness perspective, Varuna embodies the presence of an immutable order, not imposed from outside, but present as an intimate resonance of consciousness. He demands no obedience: he invites coherence. Working with his energy means returning to inner responsibility, to that part of ourselves that instinctively knows when we stray from what is authentic. Varuna reminds us that harmony does not depend on human laws, but on the accuracy with which we honour the living truth that dwells within each of us.

On a collective level, Varuna symbolises the memory of the universal law that underlies all existence. He reminds us that societies, like individuals, cannot permanently betray the principles of truth and balance without weakening themselves. Every corruption, every manipulation of truth cracks the bond that connects human consciousness to the order of the world. When this order is violated, life, in its profound intelligence, seeks to restore it. Varuna then becomes the sign of a return to

righteousness, to a harmony that cannot be ignored without feeling the consequences.

Gonggong: *The craftsman of fertile chaos*

In Chinese mythology, Gonggong is the deity of turbulent waters, often depicted as a red dragon-serpent. He is known for having caused a cosmic upheaval: during a battle with his rival Zhuanxu, he struck one of the celestial pillars that supported the world. The sky broke, rivers overflowed, the seasons were disrupted, and the order of the world seemed to falter.

At first glance, Gonggong embodies chaos and destruction. But his action, read on a deeper level, reveals another meaning. What he breaks is not true harmony, but an artificial balance, an order that had become frozen. The crack he causes opens up a space for regeneration. It is because Gonggong shakes the sky that the goddess Nüwa can intervene: gathering stones of five colours, she sews up the vault of heaven and restores order to the world. This is not a simple return to the stability of before, but the birth of an order conscious of its fragility and beauty. The myth teaches that without a crack, there is no repair; without disorder, no evolution; without Gonggong, no rebirth is possible.

Discovered in 2007, Gonggong is a large planetoid in the Kuiper belt, at the edge of the solar system. With a diameter of approximately 1,230 kilometres, it is one of the largest known trans-Neptunian objects, halfway between the sizes of Pluto and Sedna. Its orbit, which takes

more than five centuries to complete, is highly inclined and strongly eccentric: it moves considerably away from the Sun before slowly returning. This irregular trajectory, both marginal and unpredictable, seems to reflect the very nature of Gonggong: an entity that traverses transitional zones, oscillating between order and chaos, stability and deviation. Its slow movement, almost outside of human time, makes it a witness to the most profound collective transformations, those that unfold over cycles of planetary magnitude.

Internally, Gonggong acts as a hidden intelligence. It does not appear initially in the form of destruction, but as a flaw in what we believed to be immutable. It is the moment when a certainty collapses, when a self-image, a bond or a structure becomes too narrow to contain what life seeks to express. This can take the form of an emotional crisis, exhaustion, a silent inner collapse, or simply a feeling of loss of bearings: 'I don't know anymore', 'it's beyond me'.

Yet this wavering is not negative. It simply indicates that the old form can no longer carry the vitality of the present. Gonggong undoes what is frozen, not to destroy, but to allow a broader consciousness to emerge. Where everything seems to be falling apart, it makes possible the birth of a new balance, more flexible, more alive, more true.

On a collective level, Gonggong speaks of those periods when the world itself is in turmoil: ecological upheavals, social crises, cultural collapses. These upheavals are not punishments, but signs of a profound transformation. They

remind us that the apparent stability of societies is often based on exhausted structures. When these structures give way, it is life itself that demands to be reinvented.

Thus, Gonggong is the memory of fertile chaos: he teaches us that disorder is not the end of the world, but the passage to a more lucid consciousness, capable of recreating the sky with the colours of wisdom and compassion.

Huya: *The wisdom of alternation*

Huya takes his name from a deity of the Wayuu peoples**,** who live between Colombia and Venezuela. He is the master of rain, guardian of natural cycles and the fragile balances that connect the earth to the sky. In the vision of these peoples, rain is not simply a meteorological phenomenon: it is a sacred breath, a blessing that awakens the sleeping lands, nourishes crops and reminds us that abundance always follows scarcity.

Huya dances between the worlds of drought and fertility, of waiting and deliverance. He represents that vital movement where every absence prepares a return, where every silence already contains the promise of a new song. When he withholds the rain, the earth cracks and beings learn patience. When he offers it, everything comes back to life, like a heart that starts beating again. In some stories, Huya is not only the one who makes it rain ( ): he is alternation itself, the breath of the world, the beating of life.

Discovered in 2000, Huya is also a trans-Neptunian planetoid in the Kuiper belt, located far beyond Neptune. With a diameter of about four hundred kilometres, it orbits the Sun in more than two and a half centuries. Its slightly inclined and eccentric orbit brings it closer to and then further away from the Sun on a regular basis, as if it were following a cosmic pulse. It has a small moon, still poorly understood, which evokes the image of an accompanied cycle, a constant relationship between movement and presence. Everything in its trajectory seems to recall this breathing of time, this alternation between distance and return.

On an inner level, Huya embodies the awareness of the cycles that govern our existence. He teaches us that life is never linear, that it moves forward in ebbs and flows, through moments of abundance and withdrawal, of light and darkness. To welcome Huya is to recognise that everything that withdraws prepares for renewal, that nothing is lost but transformed, and that dryness is never an absence of life, only a pause in its manifestation. Where the human mind often seeks to control, prolong or hold back, Huya invites us to let go, to honour the deep rhythms of existence, to trust in what returns.

It reminds us that phases of emptiness or silence are not faults or failures, but periods of gestation in which inner rain ripens. He encourages us to experience gratitude for the return, to recognise the beauty of the cycle that transcends us and carries us. His wisdom is that of impermanence: seeing harmony in movement, accepting

the passage from day to night, from fullness to emptiness, from breath to pause.

On a collective level, Huya speaks to humanity as a whole. He evokes the need to reconnect with the rhythms of nature, to learn to live according to cycles that respect life rather than through the frenzy of continuous growth. He invites us to rediscover the value of rest, frugality and slow time. In this sense, it becomes a symbol of ecological and spiritual wisdom: the wisdom that understands that the earth, like the human heart, needs to breathe in order to remain fertile.

Huya ultimately teaches us that peace does not lie in permanence but in trust. When we stop fighting against cycles, we stop suffering from change. Like the rain that always returns after drought, life finds its balance in the very movement that runs through it.

Conclusion

When we close this book, it is not a matter of retaining concepts, but of allowing an obvious truth to resonate. Everything that has been mentioned — gods, goddesses, heroes, forces, archetypes, myths or planetoids — has never spoken of anything other than Consciousness itself. The language of the ancients was not a fable: it was a way of listening. And what we are rediscovering today, after so many centuries of separation between spirit and matter, is that this listening remains possible.

The gods have not disappeared. They have simply changed their abode. They no longer stand in the sky of temples, but in the inner space where our emotions, desires, impulses and silences are born. They are the forces that animate existence, the movements through which life learns to recognise itself. Through them, the human psyche dialogues with the world. And in this dialogue, there is neither cause nor effect, but resonance: the same source is reflected in different guises.

Every myth, every archetype, every symbol tells the same story in a new form: that of the passage from oblivion to recognition. Forgetting is the state in which Consciousness believes itself to be separate from the world, locked in the fragmented perception of the ego. Recognition is the moment when this illusion dissolves, and we perceive that the inside and the outside are but two expressions of the same act of being.

Since its origins, myth has been the memory of this unity. It does not explain: it shows. It does not teach: it awakens. It reminds us that the forces we call love, anger, fear, wisdom, freedom or transformation do not belong to us; they pass through existence like the winds pass through the sea. What we call 'me' is only a listening point, a clearing in the midst of these movements. When attention becomes transparent, this theatre ceases to be tragic: it becomes dance.

Throughout the preceding pages, mythical figures, psychic forces and celestial symbols have come together to tell the same truth: life does not speak to us, it speaks through us. What we call synchronicity is only the living memory of this unity, the trace of reality when it contemplates itself in its own mirror.

To recognise this is not to distance oneself from the world, but to inhabit it differently. It is to see that the wind, speech, pain, beauty or the simple act of breathing are the gestures of one and the same Presence. Where the mind seeks causes, Consciousness perceives coherence. Where the ego struggles to understand, the heart already understands.

Thus, this book does not end: it fades away before the experience it suggests. What it calls Consciousness can be verified by anyone at this very moment, in the silence of a breath, in the light of a glance, in listening to what is. Myth is then no longer an ancient historical narrative, but the living movement of life discovering itself.

There is no longer the outer world and the inner world, symbol and reality, the visible and the invisible. There is only one experience: that of Consciousness recognising itself through its own forms.

And perhaps that is the true end of myth: the moment when we no longer need gods to remember who we are.

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Mythology and Mindfulness

Since the earliest stories told around the fire, humanity has sensed that the visible world is only a reflection of a greater reality. Myths are not ancient fables: they are the first language of Consciousness. Each god, each goddess, each hero embodies a living force of the psyche, a power that still permeates our emotions, desires and trials.

This book invites us to rediscover these founding archetypes as inner presences. Through them, it explores how life manifests itself simultaneously in the world and in the soul — what Jung called *synchronicity*. This is not a theory, but an experience: that of resonance between the inner and the outer, between myth, psyche and reality.

From Zeus to Pluto, from the great goddesses to the distant planetoids, each chapter connects three dimensions—the psychic force, the myth that embodies it, and the synchronicity that reveals it. It is less a treatise than a path of recognition: seeing that the gods still live, not in the heavens, but in the gestures, thoughts, and encounters of our daily lives.

This book seeks neither to explain nor to believe. It invites us to listen. For behind every symbol, every emotion and every sign in the world lies the same invitation: to remember that all that exists is Consciousness discovering itself through its own forms.